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Thursday, July 28 - Wednesday, August 3, 2016

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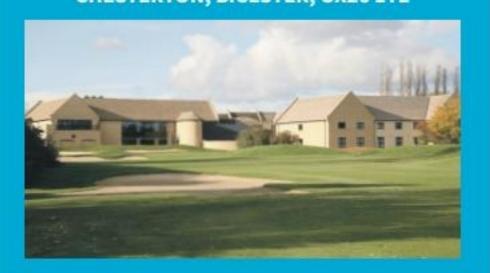
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Following an extensive survey and the views of over 400 Which? members who had purchased hearing aids in the last 3 years, independent retailers came out top with a customer score of 84%. This score was based on customer satisfaction and recommendation which included levels of service and aftercare.

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Are we qualified?

Our Audiologists hold advanced degrees from accredited universities and have special training in the identification, assessment and non-medical treatment of hearing disorders. They complete a full-time internship, pass a demanding national examination and must be fully licensed. This makes our Audiologists the most qualified to advise you on your hearing.

How long have we been helping people with hearing difficulties?

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How will you determine what is best for my hearing situation?

Our Audiologist will take a detailed history of your hearing problem, your expectations, and lifestyle. In addition a thorough tone and speech testing assessment will be carried out. Measurements for comfortable hearing levels are also tested.

Our comprehensive testing is to improve your hearing sensibility and re-establish normal hearing perception.

Are there any hearing aid manufacturers you recommend?

As Independent Audiologists, we work with all the hearing aid manufacturers from around the world. Every hearing loss is unique and one manufacturer product line may not meet the needs of everyone! As we work with the world's choice, we are in the best position possible to select the correct device that will match your needs.

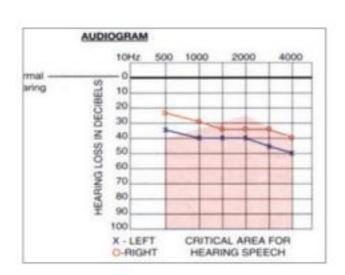
Our free Audiometric Test will help us identify your hearing difficulties

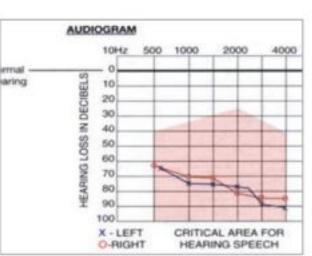
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GUIDE

Delays to children's home

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Thursday, July 28 - Wednesday, August 3, 2016

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Town council puts up £10,000 and launches its own minibus

Councillors' pledge over bus services hit by cuts

WITNEY Town Council is hop- By George Welch ing to provide a better bus serof many routes.

Council, 54 of them were lost on viable."

edge in laying on new services. which roads really need a bus.

Apart from the 54 axed routes, the axe at a later date.

The county council said it had Government.

In Witney, the 213, 214 and 215 have been lost - the three ser- at how to address bus issues. vices together represent Wit-

Bartington said she was opti- temporary basis. mistic of providing a suitable bus service for Witney.

"I'm really hoping we can deliver a better provision for

vice for residents than before the town than previously," she countywide cuts saw the axing said. "In Witney, we have been relatively fortunate that services Out of the 118 services sub- serving the town on the whole sidised by Oxfordshire County are fortunately commercially

July 20 when funding was ended The Tory councillor, 36, added: in an attempt to save £3.7 million. "We're in a better position than But town councillors believe the county council to identify they can use their local knowl- our bus users because we know

"We've been able to be much the other 64 formerly subsidised more focused in the way in services will run commercially which we provide that service in some form, but could also face and we've stepped up and put £10,000 forward."

Witney and Henley are the to make savings after a reduc- only town councils in Oxfordtion in its budget from central shire to subsidise local bus routes following the cuts.

Since March, Dr Bartington services provided by Stagecoach has chaired a committee looking

The town council has set up ney's only town-centre circular. Go-Ride, a 16-seater service, to Town councillor Dr Suzanne help residents get around on a

> Hugh Jaeger, from Bus Users Oxford, said: "Witney is a special

> > Continues on page 3



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Councillors condemn big rise in hate crime

CITY councillors in Oxford By Dominic Thomas voted unanimously in favour of condemning a rise in hate

motion put forward by Cllr John express their racial hatred." Tanner at a council meeting crimes reported in the wake ern Europeans are sometimes her with abuse. of the referendum decision to the butt of this abuse, but it's Chiefs Council.

of the people of Oxford for vot- abuse." ing to remain, but said: "One of ers that has come about.

"This is being used by some

He encouraged councillors

in discussion of the motion.

said: "Last week a lady in a scarf UK and her family is English." He pointed out how the inci- came to me and said she had on Monday. It followed a 20 dents did not just affect EU just been sat down and two or live in a tolerant society. Racial per cent national rise in hate migrants: "Unfortunately East- three people started attacking abuse has no place in our soci-

leave the EU, according to fig- just as likely that it could be young children and students city council to work to ensure ures from the National Police somebody of Pakistani origin shouting and effing in the street. local authorities have support that was born and bred in this You have to be there to see it. and resources to fight racism." Cllr Tanner said he was proud country that comes in for this This is very important if you don't want a division."

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stories of racial abuse in Oxford her 'why are you wearing the scarf?' and assaulted her in Dr Sheik Ramzy, director of front of her two children, saycrimes following the EU refer- very strange people that are Oxford's Islamic Information ing 'take it off, I'll rip it off'. He using the Brexit vote as a cover Centre, who was invited to also said 'leave and go home', They backed the cross-party to feel that they can openly speak by Cllr Craig Simmons, even though she was born in the

> She added: "We are proud to ety. We will not allow hate to "I've seen it myself, even become acceptable and I ask the

The motion was passed the day before reports of a racially Cllr Jamila Begum Azad, also aggravated assault on a numthe things which disturbs me to send out the message that: shared a similar story, saying: "I ber of young people at National most is the rise in expressions "Everyone is welcome here, wel- just want to say one example of a Trust site Buscot Park, near of hatred toward foreigners or come to stay, welcome to live Muslim woman, who was sitting Faringdon, in which one victim people perceived to be foreign- on an equal basis." Councillors with her children at a bus stop, suffered a broken cheekbone heard from several anecdotal wearing a hijab. A man said to and was taken to hospital.

A MAN died after his car

crashed and caught fire in

the Cowley area of Oxford

in the early hours of Monday.

not yet been identified, is

believed to have died in the

collision which happened at

Police and fire crews

found the man inside a blue

Volvo S60, which was ablaze

The car left the road, went over the roundabout

at Oxford Business Park

South, crashed into a hedge

The fire service was called to extinguish the fire but the driver was confirmed dead at the scene by the ambulance service.

The road was closed but

Police are investigating and have made an appeal

Investigating officer, PC Julia Stroud, of the Serious Collision Investigation Unit based in Bicester, said: "I need the public's help to

piece together what hap-

pened during this collision.

police as soon as possible.

"If you saw the Volvo before the collision, the

reopened at about 7am.

for witnesses.

in Garsington Road.

and caught fire.

about 2.40am.

The driver, who has

News Bites

Missing girl plea

OXFORD: A missing girl from Birmingham could be in Oxford.

Fifteen-year-old Amran Yusuf left home in Lozells, west Birmingham, on July 2, but her family has not heard from her since a week last Sunday and are very worried about her wellbeing.

She was last seen by a friend in Oxford on July 20, but no contact has been made with her since.

Amran is described as black. 5ft 7ins tall with a stocky build and shoulder-length, straight black hair. She also wears glasses.

Contact police on 101.



 Amran Yusuf has been missing for three weeks (picture courtesy of Thames Valley Police)

Rape appeal

OXFORD: Police have released a CCTV image of a man in connection with the rape of a young woman in Oxford.

At about 2am on March 14 last year at Plush Lounge, Park End Street, a woman in her 20s met a man who later raped her at an address in Oxford.

Anybody with any information can contact police anonymously on 101.



 Police want to talk to this man (picture courtesy of Thames Valley Police)

collision itself or have any nearest police station or by callother information about ing 101 and quoting reference the collision please contact number 113 (25/7)."

Anybody with any informa-



Witnesses sought to fatal Cowley crash





Building firm behind project is in administration Collapse hits town home

construction.

ple between them, have been too many serious issues." delayed by up to six months.

THE opening of a Witney chil- The home in Witney will pro- responsible for in Oxfordshire a predicted £2m overspend for our ability to save money and a month following the collapse modation for up to four 16- to 19 Thame, which is 28 weeks compensation. of the building firm behind the year-olds as they transition from behind schedule and due to be the care system to adult life.

is one of three Oxfordshire chil- cillor for Witney and district 10 weeks behind schedule but Tilley said the homes would save prepare to leave care as young dren's homes affected by EIC councillor for Witney North now complete. going into administration - the Richard Langridge said: "It others are in Didcot and Thame. is clearly regrettable that the Farm, Eynsham, is six weeks shire. The three homes, which are Witney home has been delayed, behind schedule but is being planned to cater for a total but hopefully it will only be a built by a different contractor. of 20 vulnerable young peo- small delay that will not cause

The other two sites EIC were said the delay had contributed to to be - in other words, delaying ment.

dren's home has been delayed by vide vital support and accom- were the Glebeland home in 2016-17 and it would be seeking deliver an improved service."

pletion of the buildings simply 17-year-olds on the 'edge' of the All four homes were planned mean they won't be operational care system. to cost £7m but a council report as soon as we would like them

The homes in Didcot and Oxfordshire County Council's Witney will be 'move-on' homes finished this month, and Mere- cabinet member for children, for older teenagers to receive The home in Moorland Road Conservative county coun- land Road, in Didcot, which was education and families Melinda the support they need as they money by reducing the need to adults. The other two in Thame A fourth home in Litchfield send young people out of Oxford- and Eynsham will be 'assessment centres' providing short-She said: "Delays to the com- term accommodation for 12- to

EIC was unavailable for com-

News Bites

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MP visits reserve

WITNEY: Former Prime Minister David Cameron, MP for Witney, visited Chimney Meadows, the largest nature reserve of wildflower meadows in his constituency, earlier this month for a meeting with the Berks, Bucks and Oxon Wildlife Trust (BBOWT).

Mr Cameron discussed with BBOWT chief executive Estelle Bailey and members of staff the urgent need for the Government to strengthen wildlife protection and maintain funding for wildlife-friendly farming.

Closed for longer

WITNEY: The closure of Curbridge Road in Witney has been extended by an extra three weeks.

The road was closed on June 13 due to drainage works and was expected to finish after seven weeks.

But last week Oxfordshire County Council announced it would be delayed and take 10 weeks in total.

Waste move

WEST OXON: West Oxfordshire District Council is holding a second consultation about the county's household waste recycling centres.

Last year, Oxfordshire County Council consulted on proposals to reduce the seven centres to three, including the closure of Dix Pit, Stanton Harcourt, the last one in the district.

The new consultation runs until August 11.

Concern over buses lost to budget cuts

From front page

in Oxfordshire that has free running until November and car parking. The most obvious does not operate at weekends. thing to help public transport money to plough back into the 2.30pm Monday to Friday. public transport services, but allowed to do that."

To help compensate for the West Oxfordshire. loss of services, a county-wide bookable service called Comet Cogges, said the town council was launched by the county was "really concerned about council earlier this month, the impact on social isolation, using its minibuses when reaching appointments and the

normal uses. But the service, case because it's the only town which started on July 21, is only

It is aimed at people without would be to start charging for access to other public transport car parking to generate some and runs between 10.15am and

Campaigners say the places I'm not sure if they would be most adversely affected by the bus cuts are the villages in

Dr Bartington, who lives in they are not required for their fragmentation of families".



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Emails reveal frustration at campaign's persistence

A FREEDOM of Information By Dominic Thomas (FOI) request by a protester in a bid to save a swimming pool has ther email from council chief ing: "Labour councillors are not tions with the campaign.

council meeting on Monday, be an FOI - so let's make sure Nigel Gibson, of the Save Tem- that correspondence is clearly why we do this. It's the massive ple Cowley Pool campaign marked." Mr Gibson said it support we still receive whengroup, read from an email by showed an appalling lack of ever we meet the public." Cllr Christine Simm, board transparency on the part of member for culture and com- the council. munities.

presence at council meetings." lease on the site.

Mr Gibson then read a fur-

Temple Cowley Pools & Fitness Centre

revealed councillors' frustra- executive David Edwards, also enamoured that we come back Speaking at the city's full which read: "No doubt there will decision.

The email, dated from Febru- ber 2014 and faces demolition and sport, which stated: "I ary 10, 2016, read: "I am sure to make way for housing, having understand why Temple Cowwe are all beyond frustrated by been sold to housing developer, lev residents who used the pool the STCP people's continued Catalyst, which owns a 999-year were sad to see it go, and it is

was still a need for leisure facilities in the Cowley area, addacquired through a FOI request, to remind you of the folly of your

"But you should remember

Mr Gibson received a written response from Cllr Linda Smith, The pool closed in Decem- board member for leisure, parks true that local residents now Mr Gibson argued that there have to travel further to swim.

> "However, it has been replaced with an up-to-date, first-class facility in nearby Blackbird Leys which has resulted in a dramatic increase in users, a wider leisure offer and a reduction in carbon emissions."

> Fellow campaigner Judith Harley attended the meeting to request further information about the lease held by Catalyst.

> A written response from Cllr Price said that the information was publically available via its

Former Cherwell School pupil denies joining IS

AN Oxford man dubbed 'Jihadi Jack' after travelling to Syria revealed in January they had called Islamic State.

to be the first white Briton jihadist terror group last year. lition with just a scratch.

He has been under investigation by police since he left the former pupil of The Cherwell country in 2015.

Channel 4 News on Monday, Arabic in September 2014, Mr Letts said he "opposes a before secretly travelling to non-Islamic system" and has Syria. no plans to return home.

he said: "I came here search- under a different name. ing for the truth, and people that I came."

ist because he "opposes a non-four weeks. Islamic system and man-made

lims as "dirty".

Counter-terrorism police has denied joining the so- been investigating the whereabouts of Mr Letts since March Jack Letts, 20, was thought 2015 after he travelled to Syria.

He claims to have narrowly fighting in Syria to join the survived a bombing by the coa-

The Muslim convert and School told his parents he was But speaking to broadcaster travelling to Kuwait to study

He is suspected to be living In the telephone interview, in Iraq, married and living

Mr Letts' parents are due to of the truth, and I don't regret appear in court on January 9 accused of funding terrorism He said the UK government by sending money to their son. might consider him a terror- The hearing is set to last up to

Organic farmer John Letts, laws" but he was not a fighter. 55, and book editor Sally Lane, He also described non-Mus- 54, are charged with making money available for terrorism.

News Bites

Drugs offence

DIDCOT: A London man has been convicted of a drug offence in Didcot.

Driss Dekhissi, 21, of Linacre Road, Brent, pleaded guilty at Oxford Magistrates' Court last Wednesday to possessing with intent to supply heroin, a controlled class-A drug.

Police detained Dekhissi in Sandringham Road in the middle of a suspected drug deal. He will be sentenced August 19 at Oxford Crown Court.

Vehicle boost

WITNEY: Witney Community Hospital has received a new £30,000 patient vehicle.

President of Witney Rotary Club Ashley Farmer unveiled the VW Caddy Maxi at Witney Carnival earlier this month.

It was bought after fundraising by staff, the hospital's league of friends and Rotary.

Power outage

DIDCOT: A contractor digging up cables caused a power cut to more than 1,300 homes in the Didcot area including Orchard Centre shops on Tuesday.

Cables dug up by the workers in Queensway, Didcot, caused the outage at 11.54am.

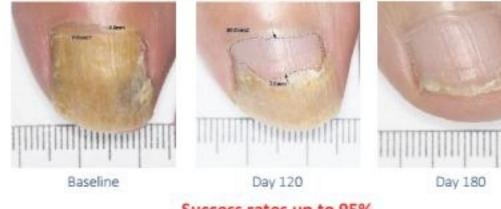
Power was restored in stages throughout the afternoon with all power reinstated at 5.56pm.



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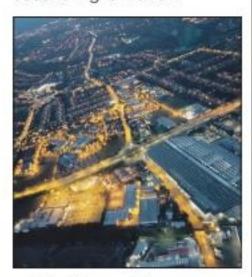
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News Bites

Air operation

BLACKBIRD LEYS: A police helicopter heard in Blackbird Leys was circling after an "incident", according to the National Police Air Service based at Benson.

Residents were agitated when they heard it hovering between 9pm and 11pm on the evening of July 20 for the second night in a row.



 Oxford from a helicopter (photo by NPAS Benson)

Milkman attack

CHINNOR: A milkman was attacked by a group of teenage boys while doing his rounds in Chinnor.

It happened just after midnight on July 11 last week in High Street.

The boys kicked the 52-yearold to the ground and continued to kick him in the head.

Four boys, aged 14 to 17, have been arrested.

Oxfordshire bucks trend over use of hospital beds

THE numbers of people By George Welch remaining in Oxfordshire's

shire buck national trends, County Council. which saw Delayed Transfers May 2016.

Oxfordshire had previously been at the bottom of the DToC launched last December, County Council, said: "These 'league table'.

hospital beds when they no tive by Oxfordshire Clinical

of Care (DToC) rise by 25 per people out of hospital more ners has made a real difference cent between May 2015 and quickly once they had been to many older, frail patients." treated.

care staff to support people in their own homes.

David Smith, chief executive longer need to be there has Commissioning Group (OCCG), of OCCG, said: "These encourfallen more than 45 per cent. Oxford University Hospitals, aging figures demonstrate that The latest figures for Oxford- Oxford Health and Oxfordshire targeted spending and excellent co-operation between the The scheme helped move NHS and our social care part-

John Jackson, director for The £2 million initiative, adult social care at Oxfordshire included funding extra tem- improvements have resulted The improvement in Oxford- porary care home beds and from a consistent focus across shire came after a joint initia- the recruitment of more home all agencies in tackling this issue and the oversight of democratically-elected councillors in scrutinising the situation."

> Meanwhile, Healthwatch Oxfordshire has submitted requests under the Freedom of Information Act to most of the region's CCGs, asking for more details of their Sustainability and Transformation (STP) plans.

Requests have been sent to the seven CCGs of Buckinghamshire, Oxfordshire and West Berkshire, which pay for most of the NHS services in the area, for copies of both the initial and current plans submitted to NHS England.

Spotlight on foodbanks

last year was a child.

They have called for policy- wage they can live on." makers to reconsider the way the benefit system works.

for Social Investigation at Nuffood in West Cheshire.

Garratt said emergency food their income crisis to last. referrals rose in 2016 and there is "every indication that food- efit delays accounted for one banks are here to stay".

as ours. The results suggest being children.



RESEARCHERS at Oxford that policymakers need to look University say one in three again at the way the benefits people helped by foodbanks system operates, and ensure that people in work are paid a

Last year, almost 2,900 three-day food supplies were The team from the Centre handed out in West Cheshire.

The study also drew on more field College were studying the detailed data from West Cheshrising demand for emergency ire Foodbank concerning the reasons for foodbank referral Report author Dr Elisabeth and how long people expected

The results show that benin five referrals, while benefit "These findings show there sanctions resulted in one in are huge levels of poverty - 12 referrals, with one fifth of even in a country as wealthy those affected by sanctions

> Although a large proportion of food parcels were concentrated in highly disadvantaged wards, they were distributed to people living in all 46 wards.

Younger adults, aged 17-24, and those of working-age, aged 25-64, were typically referred because of problems with their







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and manager James Miller agrees that this approach is a major factor in his success. 'The truth is that it's not just the personal satisfaction that I get from doing a good job but also it makes good business sense. I get a huge amount of business from friends and family of people I've done work for, which just goes to show how much a little bit of effort is appreciated as both my customers and, obviously a body as nationally important as Which? now recognise."

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News Bites

Dangers game

OXFORD: The Young Driver school in Oxford has introduced a new virtual reality game to highlight dangers of driver distractions.

The app was developed by Goodyear Tyres UK and is a VR 360-degree game which uses Google Cardboard goggles.

Homes scheme

FARINGDON: A planning application for 111 homes in Faringdon has been submitted to Vale of White Horse District Council.

Crest Nicholson, a Surreybased housebuilding company, wants to build the homes at Fernham Fields, to the south of Faringdon.

A consultation will run until August 18 with a decision date targeted for October 17.

Rail closures

OXON: Network Rail will undertake flood protection work between Oxford and Didcot Parkway from this weekend.

The work to raise the height of tracks will take place between Oxford and Didcot Parkway from Saturday, July 30, until Sunday, August 14

The line between Oxford and Banbury will be closed for signalling improvements and between Oxford and Hanborough for bridge repairs.

Protest marks a month on from EU referendum

PEOPLE in Oxford gathered By Dominic Thomas on Broad Street last week to mark one month since the UK's ago in reaction to the referendecision to leave the European dum result. Union.

the future of Brexit on Thursday. voted to remain.

The event was organised by



While the nationwide result

Speaking at the demonstraised a demonstration a month Benjamin, who said: "I'm really remain. saddened about the referendum result and all that it says about to vote for a party that is pro how divided and broken this remain, which has changed my country is, and how broken our view as I'm a Labour supporter political system is.

the response of Oxford, in that change my voting at the next we are standing in a city where election." 70 per cent voted remain. I think that's something to be very his opinions, saying: "I'm aware proud of."

MEP Catherine Bearded who there's so little ways to be proacsaid: "The Lib Dems are pro-tive about it because there's so European and nothing has many forces out of our control." changed.

ing that we have the best exit guided. that we possibly can and that we will campaign to get back in as that I believe in completely."

soon as we can. My colleagues in Europe want us to stay.

"You want us to stay, and most of Britain wants us to stay."

Both speakers were joined by Guest speakers from the was 52 per cent in favour of leav-fellow campaigners for Britain Greens and the Liberal Demo- ing the European Union, over to remain in the EU and spelt crats took to the stage to discuss 70 per cent of voters in Oxford out their party's pledges for tackling the issue.

Among those listening at the the pro-remain group Stand tion was former city councillor demonstration was Ben Ewell. Together: Oxford, which organ- and ex-Mayor of Oxford Elise 20, who said: "Personally, I voted

> "I've been more inclined and if the Lib Dems are pro-"But I'm also heartened by remain then it will definitely

> Mark Burton, 31, also shared of what's happening and I feel She was joined by Lib Dem strongly about the situation,

He added: "I joined the "We will continue to fight to Labour party but I revoked my make sure that if we can stop membership. I think I joined out our exit we will, and that fail- of desperation but I was mis-

"I'd rather vote for something

Bike fans rev up



HUNDREDS of bikes and cars president John Lane. rolled up at The Horse and for the annual John Wheeler the show, with the best compe-Bike Night last Tuesday.

1,500 people from the North Hagon Jap grasstrack bike. Berkshire Motorcycle Club showed a wide variety of vehi- won by Alan Taylor, of Draycles from all eras and styles. ton, for his 500cc SILK, and

play from members of the club, awarded to Abingdon's Roy including riding over jumps Lewis for his AJS VTWIN. and hazards such as cars.

There were also trophies Harrow in West Hagbourne awarded to various classes at tition bike being won by Julian The meeting of an estimated Wigg, from Winslow, for his

The best bike in show was There was also a trials dis- the prize for the best rigid was

The event is organised Among the most impressive annually in memory of a forbikes on show was a classic mer member of the club who 1912 Indian, which had been passed away in 1995, with rebuilt from parts brought money raised being donated back from Tanzania by club to the air ambulance service.

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News Bites

Refugee move

OXON: Plans to welcome more than 40 refugee children from camps near war-torn Syria have been agreed by Oxfordshire County Council.

The Home Office is keen to agree with local authorities a voluntary approach to sharing the number of refugee children across the UK.

No authority is expected to take more than 0.07 per cent of their child population, which would represent 99 children in Oxfordshire.

But the council, which currently has 55 refugee children under 18, is set to welcome about 40 more.

Trio sentenced

DIDCOT: A Didcot trio have been handed suspended sentences after stealing £13,000 worth of food and alcohol from their workplace.

Zija Kazia, Dickson Tapa and Zsolt Keszthelyi admitted one count of theft by employee after stealing food and alcohol - including malt whiskey, champagne and rum - from Chef Direct in Didcot.

The catering supplier has a base in Basil Hill Road.

Sentencing at Oxford Crown Court on July 15, Recorder Nerys Jefford QC: "You were equally responsible and part of a plan to steal from your employer."

Verdict awaited on children centre cuts

PARENTS in Oxfordshire are By Dominic Thomas awaiting the outcome of a judicil's plans to close children's £2m. centres.

children's centres was heard on would be delivered shortly. Monday and Tuesday last week.

ing to children's centre for a week or so."

Leading campaigner with the

She said: "This really affects annual budget after it curbed make his decision quickly. I'm its reorganisation plans. initial proposals to cut all fund- hoping he does it in the next

The case against the council making its decision.

The council took the deci- the council's budget so hope- council failed to carry out a children's centres". sion to save £6 million from its fully the judge will see that and needs assessment as part of

There is no set time limit haven't done a needs assesson judicial rulings, with cases ment. It's worrying if they didn't cial review into the county coun- saving of £8m by ring-fencing sometimes taking up to three look into that when it affects 30,000 families."

The court heard from the The case against Oxford- group Save Oxfordshire Chil- was brought by parents claim- campaign's barrister David shire County Council's decision dren Centres, Jill Huish, said ing the county council had not Wolfe how at the time of making to cut funding to 26 out its 44 she hoped the judges' verdict followed proper procedure in the decision "there was still the proposition that savings would It is alleged that the county be achieved without closing

> "So insofar as you [councillors] have an understanding of Miss Huish said: "For me, I the potential impact of this, you think it's really worrying if they are being told it would maintain frontline services... at the point councillors are making a decision."

> > In response to the allegations, the council's barrister Peter Oldham said: "An awful lot has moved forward - vou can't turn back time."

> > Miss Huish, who had been campaigning for months, said: "We have contingency plans that run well into next year. Whatever the outcome, we won't stop fighting this.

> > "We can't see that there's ever been a judicial review into children's centres before and we are in touch with different groups around the country as this is happening all the time."

dation Trust will be leading services across one of the six sites testing new approaches to delivering mental health care nationwide.

The initiative is part of NHS England's 'Implementing the Five Year Forward View for Mental Health' report, published last week.

Under the initiative led by Oxford Health, seven organisations which specialise in providing mental health care will work together to co-ordinate inpatient and community-based services across Buckinghamshire, Oxfordshire, East and West Berkshire, Hampshire, the Isle of Wight, and Dorset.

In addition to Oxford Health, the organisations include Response, an Oxfordshire-based charity that provides home-based mental health care. The network aims to provide care closer to home and reduce the need for hospital admissions and out-of-area treatments.







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News Bites

Women rob man

BANBURY: A man suffered injuries to his face and arm when he was robbed in Banbury's St Mary's churchyard.

The 43-year-old victim was treated at the Horton General Hospital after the attack at 8.15pm on Tuesday, July 19.

Three Banbury women, aged 32, 33 and 34, were arrested and bailed until August 12.

Inquest opens

OXFORD: An inquest has been opened into the death of Oxford City FC's managing director Colin Taylor, 62, who was found hanged at the club's Marsh Lane stadium shortly after 9am on July 17. The inquest was adjourned for a full hearing on November 2.

Woman jailed

OXFORD: A Newbury woman has been jailed after stealing a wallet during choir rehearsals at Wesley Memorial Methodist Church in Oxford.

Laura Emery, 37, of Crawford Place, Newbury, pleaded guilty to three counts of receiving stolen goods, three counts of theft and three counts of fraud.

At Reading Magistrates' Court on July 15, she was given 10 weeks' imprisonment plus a suspended 16-week term following a number of other thefts in the Newbury area.

Bus services axed

OXFORDSHIRE said goodbye By Dominic Thomas to 54 bus routes on Wednesday last week after Oxfordshire future. Hugh Jaeger, of Bus able minibus service available routes.

sidised bus routes in Oxford- economy. shire as the county council made a cut of £3.7 million.

mercially, but face an uncertain their jobs."

it's unnecessary because cuts public transport links. The move saw the end of sub- to bus services are a false

vices that are no longer subsi- cars now face becoming discondised are still being run com- nected from their homes and

has recently launched a book- wheels to cover the area."

"We're talking an unfeasible very limited. It is only available for the immediate future. amount of people without pub- at off-peak times so will only The remaining 64 bus ser- lic transport. People without benefit the elderly and out of in Oxfordshire was higher than

Oxfordshire County Council world would be worked off their

So far, only two Oxfordshire County Council withdrew its Users UK, said: "It's been a from 10.15am to 2.30pm to sup-town councils, Witney and Henfunding for all 118 subsidised backward step and we think port those without access to ley, have pledged to subsidise their bus routes in order to keep Mr Jaeger said: "That is the them running, both having set good news, but the service is aside £10,000 to support them

> Mr Jaeger added: "Bus usage in any rural county in England, "Ten minibuses with the so for the county council to best booking system in the shove that in reverse is very regrettable."

> > A statement from the county council said: "It is important to remember that more than 90 per cent of Oxfordshire's bus network is commercially operated, which means the decision in February to end funding for subsidised services does not affect the overwhelming majority of routes."

> > It continued: "We do however recognise the impact on those people who may not

have suitable access to public transport,

and have launched a new bookable transport service - the Oxfordshire Comet - which utilises the council's minibus fleet when they are not in use, to

the benefit of residents and communities."

others injured in M40 crash

> A 45-YEAR-OLD man from Southampton was arrested on suspicion of dangerous driving after a man died in a collision on the M40 near Bicester yesterday.

Pedestrian is

killed and two

One man died and two other men were injured when a lorry collided with three pedestrians at 4.17am.

Police were called to the southbound slip road of the M40's Junction 9, where a 27-year-old man was pronounced dead at the scene.

The three men had got out of a car, driven by a fourth man, stopped on the slip road. The two injured men were taken to the John Radcliffe Hospital, Oxford, along with the car's driver, who suffered shock.

Two of them were discharged, while one remains in hospital with serious head injuries. The slip road was shut until about 10am.

Det Con Ian Bailey, of Thames Valley Police's Serious Collision Investigation Unit, said: "I would like to speak to anyone who may have witnessed this collision, in which a man has tragically died. Anyone who has any information about it should call the 24-hour non emergency number on 101."

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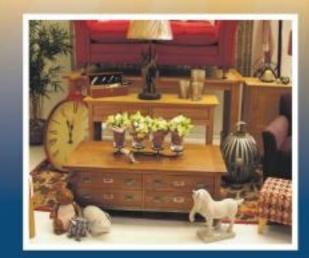
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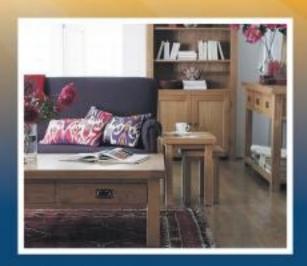
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Views sought on proposal for 600 homes

CAN Thame cope with an extra 600 homes? That is the question being asked at a meeting next week.

South Oxfordshire District Council (SODC) has launched a consultation about options for its Local Plan 2032.

It earmarks the town for the 600 houses, 1,500 square metres of food retail space, and 2.5 hectares of employment land and a reservoir nearby, on top of development included in Thame Neighbourhood Plan.

Thame Town Council is hosting a public meeting at St Mary's Church on Thursday, August 4, at 7.30pm to gauge public opinion. Changes would need a new Thame Neighbourhood Plan adopted by mid-2018.

Thame Town Council said: "Even if the defined additional needs are real, there are more appropriate (and sustainable) places for their delivery in South Oxfordshire. But the town council is prepared to be persuaded otherwise."

SODC's consultation closes on Friday, August 19, at 4.30pm.

Vale of Aylesbury is also consulting on its Local Plan which includes 5,500 homes in and near Haddenham until Monday, September 5.

Tesco refusal sparks campaign backlash

A DECISION blocking plans to By Katriona Ormiston build a Tesco superstore on the campaigners have claimed.

A planning application to bury, or High Wycombe. demolish an industrial building out unanimously by members bigger all-round picture'. of South Oxfordshire District Council's planning committee the decision made was not lookon July 13.

dents, with 688 writing in sup- keepers." port of a Tesco for Thame, while 513 others opposed it.

outskirts of Thame has been others said residents needed made to protect town shops somewhere other than Waitrose rather than benefit residents, to do their 'big shop' without hav-

The Thame Needs Tesco shop. at Kingsmead Business Park group, which was formed last and build the store, a petrol sta- year to back the plan, said coun- very blinkered decision. Peo- distribution, business or stortion and a car park was thrown cillors were not 'considering the ple have daily needs and young age use.

But the controversial proposal its town and its actual residents a foregone conclusion." had a mixed response from resi- but more the kudos of its shop-

[of the committee] actually know 569 opposing it. As some argued Tesco would Thame and can appreciate the

visit and have a coffee?"

Thame Needs Tesco secretary ing to travel to Wheatley, Ayles- Rachel Lester said she travels application, saying the plans

families who just cannot afford It added: "In this location the

However, a paper petition had on its viability and vitality. 1,858 signatures against the pro-It added: "How many members posal and an online petition had fore undermine the important

damage Thame town centre, full daily shopping needs of its opposed the planning applica- first' policy."

residents - knowing Thame as tion, and an independent report a place to actually live, not just commissioned by them estias a 'pretty and vibrant town' to mated Tesco would divert £11.2 million from the town centre.

The committee refused the to Aylesbury to do her main food did not include necessary infrastructure, and the site was She added: "I think it was a employment land for industrial,

The group said: "In our view to do a weekly shop in the town. provision of a supermarket of "The overall impression I got the size proposed would divert ing to the long-term future of though was that the decision was trade from the town centre and would have an adverse impact

"The proposal would thereeconomic and social role of the Thame Town Council also town centre and the 'town centre



Market Fun Day is being held on Tuesday, August 16, in the Upper High Street car park.

Anyone interested in running a stall promoting their group or charity can apply by August 11 by contacting Chris Hurdman at: chrishurdman@btinternet.

Mayor of Thame Linda Emery will be judging stalls to pick the 'best dressed'.





















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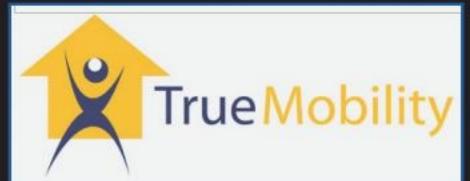
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Trio aiming high for Skye

A DAD and his two sons have By Dominic Thomas set their sights high in aid of the Guardian's charity of the year of 15. Chris added: "Our climb Blue Skye Thinking.

charity, set up in aid of their equal the length of his legs." cousin Skye Hall.

brain tumour.

set with his family, said: "We it began. wanted to raise money for Blue

this week, despite Ethan having spent on brain tumours, with undergone a hip replacement over 350 children diagnosed just two years ago at the age each year.

is also a personal challenge Chris Wrede and Ethan, 17, for Ethan who spent almost a and Seth, 15, flew to Tanzania year in a wheelchair due to a on Wednesday to climb Kili-slipped upper femoral epiphysis manjaro to raise money for the and subsequent operations to

The Aim Skye High Appeal Skye, of Abingdon, died in was set up to fund a new three-2014 at the age of five, due to year, post-doctoral research the side-effects of his cancer post at the Northern Institute treatment for an aggressive for Cancer Research. The charity has already raised enough to Chris, 52, who lives in Dor- fund one four-year post since

Despite being the biggest Skye Thinking as Skye is always cancer killer in children and still very much in our thoughts." young adults, less than one They will climb the mountain per cent of research funding is



Skye's mum Sally Hall, people to want to raise money website and get planning." for our Skye High Appeal.

founder of Blue Skye Thinking, host their own event or under- ing.com/fundraising/Jackiesaid: "Chris and the boys are the take a challenge just take a look Woon1. To support the appeal first of who we hope are many at the fundraising pack on our visit http://campaign.justgiving.

To support Chris, Ethan and aimskyehigh.

"If anyone else is inspired to Seth visit https://www.justgivcom/charity/blueskyethinking/

Plan for Hill End site is backed

PLANS to secure the longterm future of Hill End outdoor education centre have been given the green light by Oxfordshire County Council.

Cabinet members approved a business case for the Farmoor-based facility to be run by a new charitable organisation, and for the council to continue working alongside site owners Oxford University to bring the project to fruition.

The council has also agreed to provide one-off start-up and transition funding to put the new service model in place.

council want to ensure that Hill service there. End continues to provide an service.

by Oxford University and has with the idea of setting up a benefit from all that the centre been leased and managed by new charitable company taking has to offer. Oxfordshire County Council on the centre. since 1974.

responsible for investing in Hill dren, education and families Oxfordshire's children, young End, making repairs to build- Melinda Tilley said: "We know people and also for the wider ings, managing the land and how highly Oxfordshire resi- community."



The council is currently cil's cabinet member for chil- ing outdoor activities for

Both the university and the running the outdoor education dents value the services provided by Hill End, and both A consultation on the plans the council and our partners excellent outdoor education received 130 responses, with 89 at Oxford University are comper cent of people saying they mitted to ensuring schools and The Hill End site is owned 'agreed' or 'strongly agreed' other visitor groups continue to

"Hill End has a proud his-Oxfordshire County Coun- tory of providing life-enhanc-

News Bites



• The E-fit released by police

Wanted man

OXFORD: An E-fit image of a man wanted in connection with two distraction burglaries in Northway, Oxford, has been released by police.

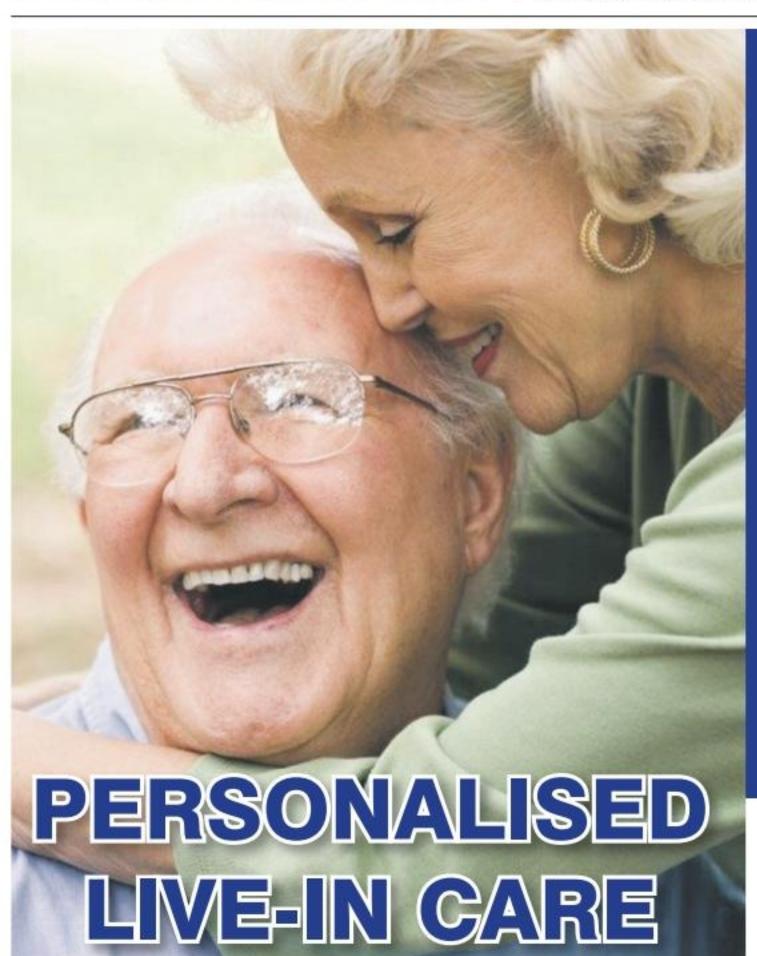
At about 8.45pm on July 14, a man and a boy gained entry to an elderly woman's home in Foxwell Drive, saying there was an issue with her water.

At about 9.20pm the same day, two men and a boy gained entry to an elderly man's home in Ambleside Drive by saying they needed to check his taps.

Searches were made at both homes, but nothing was taken. Contact police on 101.

Bound for space

OXFORD: Technology developed in Oxford which can revolutionise DNA sequencing is on its way to the International Space Station. Made by Oxford Nanopore Technologies, the MinION wasl aunched on Monday last week.



Caremark offers a specialised care service for people who need support with day-to-day life but want to stay in their own home. Caremark's live-in care service enables you to remain as independent as possible, whilst being fully supported by a full time live-in Care Worker.

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Caremark 30a High Street, Woodstock, Oxfordshire OX20 1TG

News Bites

Boy's operation

OXON: A three-year-old boy with a life-threatening condition has undergone a successful operation at the John Radcliffe Hospital in Oxford.

Ethan Suglo, from Ghana, suffers from a serious condition called Exomphalos, which allows some of his organs to be outside his abdomen.

Last year, his father Charles met British doctors David and Jacquie Williams, who helped raise £39,000 to fly Ethan to the UK for surgery.

Home sought

OXFORD: A four metre-long model of an utahraptor dinosaur at the Oxford University Museum of Natural History is seeking a new home.

It is looking for an indoor public space that could house the Cretaceous period creature and the model will be donated free of charge to the organisation which makes the best case.

Takes up job

OXFORD: The new Bishop of Oxford has officially taken up his post after it was vacant for two years.

The Right Reverend Dr Steven Croft, formerly Bishop of Sheffield, was appointed in April after the Right Revd John Pritchard stepped down in 2014. He also sits in the House of Lords.

Support offered for psoriasis sufferers

WHILE many might be self- By Dominic Thomas conscious about revealing our will struggle more than most.

About 4,400 people in Oxfordlenge to cover up in the heat.

contagious.

should cover that up'.

bodies this summer, there are inflammation, redness and I was small because I went to a skinhead." a certain group of people that scaliness of the skin, and is not very small primary school and what I can't be bothered with. embarrassed when people kept ical students' entire training. The condition is an autoim- Somebody once said to me at saying things to me and I just Dr Keith Freeman, who has mune disease which causes work 'That's disgusting, you used to wear these massive leg just retired from 32 years as a warmers."

pigment.

less of the strange looks from sleep." people.

a child who said 'I've got nice give up, adding: "We can't cure hands not like yours'. It just it but we can control it. There is made me think that maybe a range of treatment available." that's what everyone is thinking and it was really hurtful." company LEO has launched a

Psoriasis Help Organisation, to treat the condition. which supports sufferers, said: "Luckily I've always had this Have your say online attitude of making light of it.

"But it's quite hurtful when people would say things when

it would be visible, even though "I never had a problem when if you saw me I was a big tough

Mr Warne has also been camon the first day the teacher paigning for better education of Nicola Guy, 49, of Leafield, just said 'This is Nicola, she's GPs on skin conditions, which shire who suffer with the life- said: "I've just accepted that got psoriasis' and nobody ever account for almost 25 per cent impacting condition psoriasis I've got it and I'm fine with it, said anything. But then when I of GP visits, but dermatology will face a familiar yearly chal- but the response to psoriasis is was 13 at school I became quite accounts for just a week of med-

> dermatologist said: "In terms of Her sister Clare Williams, 46, the emotional impact, about a also had psoriasis as a child and third of patients are depressed later developed vitiligo, a condi- or develop anxiety disorders, tion in which the skin loses its and a third have difficulty in forming relationships, and She said: "I think if people about 70 per cent have a painunderstood it more, you'd get ful itch which interferes with

He said his main message "The worst thing I've had is would be for sufferers not to

This week, pharmaceutical John Warne, founder of the new foam spray called Enstilar









Recycling rate in Oxford hits all-time high

PEOPLE in Oxford are recycling more than they have ever done before, according to latest figures.

The latest figures, for the year up to March 31, 2016, confirm that recycling rates for the city have reached 46.9 per cent, an increase on last year's figure of 46.3 per cent.

It means:

- · 1,170 fewer tonnes of rubbish than last year for the council to collect
- · 12.8 more bin lorry-loads of recycling collected
- · 130 tonnes more compost produced than last year
- The amount of carbon saved by recycling food was the equivalent of taking 600 cars off the road

Cllr John Tanner, city council board member for a cleaner and greener Oxford, said: "Well done to Oxford residents for once again throwing away less and recycling more."

But the Green Party said the increase was not enough.

Green councillor and shadow portfolio holder for the environment, Cllr Ruthi Brandt, said: "These small changes - an increase in recycling rate of 0.65 per cent and reduction in landfill of 1.2 per cent are to be welcomed, but Oxford's performance is still mediocre at best."



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MONEY MATTERS



Current tax issues: Personal Tax Account

HM Revenue and Customs are continually moving closer to a digital age of 'real time information' and this is already the case for payrolls. Within the next few years the taxman would like everyone to use a personal tax account.

The end of the 31 January rush to get one's selfassessment return in on time may be coming to a welcome end but the digital provision of information is a concern for some taxpayers. A wealth of financial information may soon be automatically given to HMRC by a variety of people, such as letting agents and even online boot sales.

Banks and the Department of Work and Pensions already provide HMRC with such information.

The process has already begun and when individuals log on to file their 2015-16 tax returns they may well find some information already there, for example their employment income or state pension.

From 2017 HMRC intend to start making PAYE coding adjustments on a monthly basis using financial information provided by third parties. Where taxpayers receive 'one off' lump sum payments during the year they will be able to enter it online when it occurs and

pay the tax due on it.

By 2020 HMRC expect that the vast majority of UK residents will no longer need to file tax returns. The project is a huge undertaking by HMRC and not without concerns over the accuracy of data and the risk that taxpayers may not bother to check anything provided by a third party.

Quarterly Reporting

Home visit hearing tests available.

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In addition to keeping track of one's tax affairs online selfemployed individuals and landlords may be required to file details of income on a more frequent basis. From 2018 taxpayers and companies earning more than £10,000 a year from non PAYE sources will need to

provide HMRC with figures quarterly. The new system aims to make the process much easier than filing a tax return and seems like a move to more timely payments of tax. Some taxpayers who usually pay their tax in arrears may initially face larger bills, which in turn could result in cash flow issues.

Timetable

By June 2016 your digital tax account can be opened

By December 2016 bank interest in excess of the personal savings allowance will be included in your PAYE code

By June 2017

taxable income can be reported online and debts can be paid like a credit card

By December 2017

automatic adjustments will be made to PAYE codes every month to avoid you over/underpaying tax via PAYE

By June 2018

your bank interest will be . leaving the taxpayer shown in your digital tax account

THE MGROUP

By December 2018

self-employed individuals and landlords will start updating HMRC online at least four times a year

By 2019

capital gains tax will have to be paid within 30 days of selling a second home or rental property

By 2020

all your tax affairs will be dealt with through your online account

Taxpayers who normally use an accountant or tax professional to file their annual return should not be fooled into thinking they can suddenly dispense with such services. An advisor may prove invaluable in dealing with the challenges presented by the new digital system. They will be in a position to provide valuable assistance such as: -

- already being familiar with internet filing and HMRC's systems;
- free to concentrate on the other aspects of their business;
- · advising on the most efficient ways of saving tax;
- · providing expertise in liaising with HMRC on your behalf;

Good support will be invaluable throughout the process.

The above points have been highlighted by Peter Smith, a partner at The MGroup Partnership, an efficient and friendly firm of chartered certified accountants and taxation advisors with offices in Witney and Oxford. Peter can be contacted at p.smith@theMgroup.co.uk if you would like to discuss your tax affairs or for more information please contact The MGroup on (Oxford) 01865 552925 or (Witney) 01993 776476.

Disclaimer: This summary is prepared for initial information only, and professional advice should be sought before acting on any points herein. No responsibility can be accepted for loss occasioned to any person as a result of action taken or refrained from as a result of these contents.



01295 255131

New Horizons in Hearing

The new hearing aid from Widex pushes the barriers of performance. WIDEX UNIQUE takes digital processing to a new level to capture more sound than any other hearing aid on the market and is now available at Keith Donaghy Hearingcare



Supreme sound quality in any environment.

Hearing soft sounds is particularly important for users but even more important is determining which are useful and which are not. UNIQUE is the only hearing aid that ensures important soft sounds are maintained and unwanted soft sounds are removed.

The powerful soft level noise reduction system reduces the soft sounds users do not want to hear while retaining the audibility of soft speech. And it determines the difference between speech and noise (particularly background noise) without any compromise in speech intelligibility or comfort.

The best wind noise reduction in the industry.

For users to truly enjoy being outdoors, it is essential that they can hear clearly no matter the conditions. The wind noise attenuation system in UNIQUE provides users with documented improvement in hearing speech and environmental sounds in the presence of wind noise.

Full connectivity

All unique hearing aids are compatible with the DEX range of communication accessories that provide full connectivity to mobile phones, remote controls, TVs and more.

NEW HORIZONS IN HEARING

Keith Donaghy warns prospective customers to be careful about misleading and inaccurate special offers and to consider that "you get what you pay for". He said that Keith Donaghy Hearing care is an independent company and can offer completely impartial advice and an aftercare service that is vital to make sure things run smoothly for the future of the client and their hearing aid system.

> 3 White Lion Walk, Banbury OX16 5UD www.soundhearing.co.uk

Ex-officer beats Potter author to crime book title

A FORMER Chipping Norton police By Katriona Ormiston officer's debut book has beaten JK Rowling's alter ego to win the top cussions for everyone involved. It opening night of the world's largest crime writing festivals.

at the Theakston Old Peculier gate last Thursday.

Galbraith was among the shortlist. is investigating the case.

Mrs Mackintosh, 39, worked for Thames Valley Police for 12 years, and said a hit-and-run which killed a child in Oxford while she was based at Cowley Police Station had triggered the idea for her story.

She said: "It was inspired by that incident in Oxford, although it is not just about that.

"It gave me the catalyst to go into what makes someone drive away from the scene; what goes on in their head, and the reper-

News Bites

Blitz on litter

BANBURY: A green team from Cherwell District Council has been blitzing Banbury's town centre this

Officers started on Monday by picking litter, towing away abandoned cars, sweeping streets and removing graffiti.

Cherwell's lead member for clean and green, Debbie Pickford, said: "By the end of the week, Banbury town centre will be at its beautiful best to greet visitors and residents alike."

Festival cancelled

CHIPPING NORTON: This year's Chipping Norton Jazz Festival has been cancelled.

The event, affectionately known as "Chippy Jazz", has been a firm fixture in the town diary since 1997 and attracts world-class jazz musicians.

However, organisers announced the event which was due to be held on September 10 and 11 will not go ahead due to 'family bereavements'.

Three cut free

CHIPPING NORTON: Firefighters rescued three people trapped in a car after a crash at the Rollright Stones near Chipping Norton.

The victims were freed using hydraulic cutting gear following the two-car collision off the A3400 by the ancient stone circle near Great Rollright at 4.30pm last Wednesday, July 20.

There were no serious injuries.

prize at one of the world's biggest raised questions that weren't really celebration of crime writing. answered. And I remember think-I Let You Go, by Clare Mackin- ing 'how could the mother of this thing was so unexpected, I didn't tosh, was named best crime novel child survive something like that?' have a speech ready to deliver and

Crime Writing Festival in Harro- and realised then that you survive of ruined the sophisticated crime because you have to."

The mum-of-three said her chil- The book follows a woman who Mrs Mackintosh took a career dren exclaimed "mummy's made moves to an isolated part of Wales break to look after her children in it" when they discovered the Harry after her child is killed in a hit-and- 2011, and was about to go back to Potter author's pseudonym Robert run accident, and the detective who work before signing a book deal.

Mrs Mackintosh was presented half a million copies.

with a £3,000 prize and a handcarved beer barrel trophy on the

Mrs Mackintosh said: "The whole "Years later, I lost my own son I just burst into tears. That kind writer image."

I Let You Go has now sold over



Climb raises £800-plus

A CHERWELL recycling officer proud to have helped raise so has raised more than £800 for charmuch money for a great charity. ity after climbing more than 1,000m

weather during the five hour round ence in the developing world, even trip to the summit of England and if I did have to carry a wheelie bin Wales' highest mountain on Satur- full of recycling up and down a day, July 16.

The Cherwell District Council worker has raised £825 so far for part of a Walk for Waste fundraiser WasteAid UK, a charity which for the charity alongside other prohelps set up practical low-cost fessionals. waste services in developing countries.

Mr Jenkins said: "I'm really AndrewsWasteWalk

"Working in waste I understand up Mount Snowdon with a wheelie the impacts bad management can bin of rubbish belted to his back. have, so it's great to raise money Andrew Jenkins battled bad for a charity making a real differmountain."

His challenge with a twist was

To donate go to https://www. justgiving.com/fundraising/





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School is out and Cornerstone is in!

Cornerstone has the school holidays covered with a huge range of workshops to keep youngsters busy.

World Dance Day On Thursday 28 July is for all those aged 5 years plus who fancy trying their hand at different dance styles from around the globe. Styles include Bollywood, African Jazz, Khatak, Hungarian folk and more. All abilities welcome as children are encouraged to work with others and learn fun combinations of movement from around the world.

On Tuesday 2 and Wednesday 3 August, those aged 6-12 years can enjoy Dance Explorers. This two session workshop is an opportunity for young people to create a new



piece of dance together which will be shown to family and friends at the end of the second session.

Science Oxford and Cornerstone join forces for a variety of Creative Science Workshops between Wednesday 3 and Thursday 4 August. From crazy kitchen chemistry, to making your own computer game, or a creative construction masterclass. There's loads to keep young minds busy. Budding actors can create a musical in a day on Friday 5 August. Learn the songs and the words to Annie and perform to friends and family at the end of the day.

On Saturday 6 August a skeletal scaffold steam locomotive will be outside Cornerstone for a contemporary and urban dance show at 11am and 2pm. After both performances there will be a free workshop for everyone aged 10 plus to learn the skills for yourselves.

For crafty 6-13 year olds, come and try your hand at creating elephants out of milk bottles on Tuesday 9 August at Recycled Art: Milk Bottle Elephants. There will be all manner of throwaway materials available such as colourful patterned paper and sequins to make your own unique creation.

On Thursday 11 August, dress for mess and get a feel for professional clay whilst making fun and quirky pots in Clay Sculpture: Animal Pots. Your masterpieces will be professionally fired ready for collection at a later date. Animation: Fantasy, Magic and Mayhem! is a hands-on, one-day animation workshop on Friday 12 August. Seven to 13 year olds will learn the tricks of the trade; from stop frame to flipbooks, iPad cartoons to Apps, ending with a magical mini animation.

For the littlest ones in the family, an outdoor experience awaits under-fives on Sunday 31 July. In the show Little Artist: Big Painting dancers create a larger than life painting through a colourful mixture of dance, paint and music. There's a chance for little artists to create their own big painting with the dancers after the show.

For further information and to book call Cornerstone on 01235 515144 or go online to cornerstone-arts.org





Summer Fun with the Earth Trust

Looking for some inspiration to keep the kids busy this summer? Look no further! Here at the Earth Trust we've got a whole host of activities and events throughout July and August. Earth Trust is an environmental learning charity based in Little Wittenham (OX14 40Z); our nature reserve is home to the iconic Wittenham Clumps, as well as a working farm, beautiful wildflower meadows and shady woodlands.

Our summer holiday Clumps Club for 7-11 year olds is running from 25th-29th July, though it's filling up fast so be sure to get in touch asap if you would like to book. This year we're also trialing a Clumps Club for slightly older children (12-14yrs) on 4th and 5th August. On Thursday 4th we'll be learning all about Survival and Bushcraft, including shelter building, lighting a fire without matches and making bows and arrows! On Friday 5th we're giving youngsters the opportunity to Be a Wildlife Warden and help out with practical conservation tasks on the nature reserve. Both days are sure to be a lot of fun.

We also have two Wildlife Wednesdays during August; our roving Wildlife Wednesday visits a different Earth Trust community nature reserve each time and this summer you can find us at Mowbray Fields in Didcot on 3rd August and Wallingford Castle Meadows on 17th August. Come out and play and find out all about your local wildlife.

Older children (and adults!) may be interested in our Meteor Shower Walk on Friday 12th August. Following an informative talk and walk up the Wittenham Clumps, we'll settle down to watch the annual Perseid meteor shower (weather permitting!). Due to the timing (9pm-11pm) younger children might have to give this one a miss.

We've got plenty of drop-in sessions coming up too, including our regular Woodland Adventure for 5-8 year olds (10th and 24th August) and Discover & Play for the under-5s (22nd July and 12th August), as well as a pond dipping day for all on Sunday 7th August. There's no need to book for any of these sessions, just turn up and join in!

For full details, including prices and how to book, please see www.earthtrust.org.uk/ whatson.

If you can't make it to any of our events why not pop by for a picnic or a walk up the Wittenham Clumps? There's lots to explore and a sunny summer's day is the perfect time. We hope to see you soon!



Box Office 01235 515144 www.cornerstone-arts.org

Cornerstone | 25 Station Road | Didcot | OX11 7NE | @CORNERSTONEfun | f /CornerstoneDidcot





July 23rd - August 21st 2016 Cotswold Falconry Flying Dis-

Cotswold Falconry Flying Displays will be at the Park every weekend from 23rd July through to 21st August including the August Bank Holiday weekend.



August 1st - August 31st 2016 Rhino Month

Our keepers will be doing a daily talk throughout August at 2pm near the Rhino Paddock about these magnificent animals, the threats and the conservation work that is going on to try and protect them for future generations.



August 6th - August 7th 2016 Rhino Weekend

Rhino Weekend is aimed at helping raise awareness and funds for Rhino Conservation work in Africa through fun activities and competitions. The Park supports Tusk Trust and has done for many years, and we hope to generate more interest, awareness and support through this fund raising activity weekend.



Cotswold Wildlife Park and Gardens, Bradwell Grove, Burford, Oxon OX18 4JP Tel: 01993 823006 enquiries@cotswoldwildlifepark.co.uk



SUMMER 2016! earth trust



22nd Jul, 12th Aug & 2nd Sep	Discover & Play 10am-12pm Forest School for pre-schoolers
25th-29th Jul	Clumps Club 9am-5pm Wild adventures for 7-11yr olds
1st & 15th Aug	Sling Walk 10am-11.30am
3rd Aug	Wildlife Wednesday 2pm-4pm At Mowbray Fields, Didcot
4th & 5th Aug	Clumps Club 9am-5pm Wild adventures for 12-14yr olds
7th Aug	Pond Dipping 10am-2pm
10th & 24th Aug	Woodland Adventure 10am-12pm An expedition for 5-8yr olds
12th Aug	Meteor Shower Walk 9pm-11pm
17th Aug	Wildlife Wednesday 2pm-4pm At Wallingford Castle Meadows
21st Aug	Family Bushcraft 10am-4pm
4th Sep	Fantastic Foraging 10am-2pm

Drop in; £4 suggested donation per child Please book; prices vary Drop in; £2 suggested donation per child

> Earth Trust, Little Wittenham, OX14 4QZ More information or to book: 01865 407792 admin@earthtrust.org.uk www.earthtrust.org.uk

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Thursday dep Chinnor: 10.30, 12.00, 13.45, 15.15. Coming soon - Risborough Preview service on selected Sundays - see website announcement.

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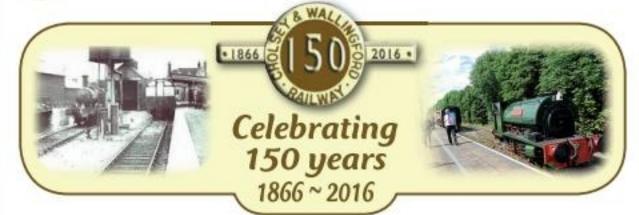
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Whilst it is intended to operate as advertised, all services, events and fares may be altered due to the prevailing circumstances, with or without notice. Charity No. 295279.

Chooles Outes

Swimming could be the Solution to Childhood Obesity Crisis

New research launched today suggests that Britain's children are becoming increasingly sedentary. The survey found that a quarter of UK parents don't think their kids are doing enough exercise (26%) while 4 in 10 believe their children do less physical activities than they did at the same age.

Four of the top five most popular summer holiday family activities were sedentary including cinema trips, visits to theme parks, using computers or watching dvds or leaving the kids to entertain themselves. The one physical activity to buck the trend was swimming, with over half (53%) of British families stating they will be taking a trip to their local swimming pool this summer.

The findings reflect the significant growth in swimming participation growth reported by swimming pools in Better Leisure Centres - up 38 per cent since 2012.

Public leisure brand Better is now the biggest operator of swimming facilities within both the UK public and private sectors, directly managing 112 facilities with pools.

Attracting 16 million visits per year in 2015, and over 100,000 people taking swimming lessons each week on its Better swim school, the popularity of swimming is returning with these figures representing a 12% like for like increase on the previous year.

The facilities range from The London Aquatics Centre to Leisure Pools and Outdoor lidos, providing activites like Extreme Aquasplash – a Total Wipeout style inflatable assault course - to family swimming sessions inspired by Finding Dory, there is something for all ages and abilities.

There has also been an increase in the amount of people interested in acquiring a new skill this summer with intensive swimming lessons and the Tom Daley Diving Academy providing the opportunity to learn, have fun and be inspired.

Phil Lane, Head of Sports and Participation for Better, said:

"As a nation, we've got to acknowledge we have a problem with low levels of physical activity – but part of the solution lies on our doorsteps. taking part is sessions. wy further info.

"At Better Leisure Centres, we're banishing boredom with affordable and fun options for parents and kids that can help them stay entertained, fit and healthy over the summer holidays."

With the Olympic Games about to startit's hoped that the success of Team GB and watching elite athletes in action will inspire a generation of children to embrace sport. In fact, 36% of parents believe the Games will encourage their children to take up more exercise this summer, with Jessica Ennis-Hill cited as Britain's most inspiring athlete.

And its not just swimming that's on offer - youngsters can also choose from supervised taster sessions for tennis, athletics, gymnastics and much more across the holidays – freeing up parents to do other things.

GLL is committed to getting more people more active this summer - kids using their local Better Leisure Centres this summer benefit from a 30% discount and free membership card helping them emulate their heroes of track and pool.

To take advantage of this offer parents or guardians must sign their child up for a free Better Activities for Kids Card at any Better leisure centre or online at: www.better.org.uk/summer

Better are also linking up with 'I am Team GB' to create the nation's biggest sports day on August 27th to help welcome back a successful Team GB by taking part is come and try sports sessions. www.iamteamgb.com for further info.

BETTER the feel good place



What is Compton Verney?

Seen across the lake and majestic grounds created by Lancelot 'Capability' Brown, the 18th Century Robert Adam-designed Compton Verney could be the quintessential English country house.

But this once refined seat of nobility is anything but Warwickshire's answer to Downton Abbey, today Compton Verney is a vibrant and nationally important art gallery and park.

In the late 1700s Compton
Verney was transformed into
the magnificent Georgian
mansion by Britain's most gifted
innovators: the architect Robert
Adam, and the celebrated
landscape designer, Lancelot
'Capability' Brown.

In 1993, Compton Verney was bought by Sir Peter Moores who painstakingly restored Compton Verney while putting together a collection artworks including ancient Chinese bronzes, Tudor portraits and 18th-century Neapolitan landscapes.

Today Compton Verney is home to one of Britain's most important and culturally forward-thinking art galleries. Brown's landscape is also being sensitively restored and reinterpreted, making it a haven for nature lovers, an outdoor art space and huge adventure playground for children – and the location for some fantastic exhibitions and events

Running until 2 October is one of 2016's most feel-good exhibitions, Britain in the Fifties:

Design and Aspiration which will take you on a fascinating journey down memory lane. See how design shaped and influenced people's lives whilst embodying their aspirations for the future. Although the country was still recovering from the seismic shock of the Second World War, there was a general mood of optimism, as austerity gave way to increasing affluence and burgeoning consumerism. This carried on through much of the decade, prompting Harold Macmillan's famous quote: "Go around the country, go to the industrial towns, go to the farms and you will see a state

the industrial towns, go to the farms and you will see a state of prosperity such as we have never had in my lifetime ...most of our people have never had it so good."

In the years which followed the ground-breaking Festival of Britain of 1951, design played a crucial role in shaping and redefining the Brave New World of a modernising and increasingly prosperous Britain. Britain in the Fifties traces the design journey of a notional young British couple and conjures the social and cultural landscape of this fascinating time.

For more information follow @ ComptonVerney on Twitter, like the Compton Verney Facebook page or visit www.comptonverney. org.uk

Dog Show with a difference at Compton Verney

There's the perfect day out for all the family – those with two legs and four - on 21 August as the award winning, national art gallery Compton Verney hosts its first ever dog show.

Explore the Grade I-listed
Georgian mansion and 120
acres of Grade II-listed Lancelot
'Capability' Brown parkland,
maybe see the critically acclaimed
Britain in the Fifties: Design and
Aspiration exhibition, before
grabbing some BarBQ, a Pimms
or beer and cheering on your
canine companion in fun events
such as Dog with the Waggiest
Tail, Best Dressed Dog, Fastest
Sausage Eater, Loveliest Lady and
Most Handsome Dog.

There will also be great displays to be enjoyed including Pacesetters German Shepherd Dog Display Team, a Gun Dog Display and the hugely popular Duck Herding!

STEP BACK IN TIME TO CELEBRATE THE 1950'S WITH ALL THINGS VINTAGE!

Immerse yourself in this fabulous era among the stalls, dancing, style, vintage cars, music and more!

Wander through Ruby's Vintage & Retro Fair where there will be 50s clothes and home-ware on sale.

See and take part in dancing demonstrations, enjoy live music by the band 'Showtunes', explore the vintage cars and vans from the British Motor Museum, meet the ladies from WI for sewing demos and get a 50s makeover at the vintage pop-up hairdresser complete with 1950s make-up*.

SUMMER JUST GOT BETTER

This summer, sign your child up for a **FREE Better Activities For Kids Card** to access taster sessions and fantastic discounts on sports and activities like swimming, tennis, athletics, gymnastics and much more.

Sign up today at www.better.org.uk/summer









Chooles Outes

Full steam ahead for Didcot Railway Centre

Now recognised as being one of the leading centres of its type, Didcot Railway Centre first opened as a visitor attraction in 1967.

The Railway Centre recreates the golden age of the Great Western Railway with a fine collection of over 20 steam locomotives, many housed in the original engine shed, and a collection of passenger

coaches and freight wagons

The centre now offers a wide range of features for visitors to enjoy as they wander around the site, including the original main building of the 1932 Engine Shed.

Amongst the most popular events are the centre's Steamdays, which provide visitors with a chance to ride in coaches pulled by a restored locomotive.

Summer steamdays, when there will one or more locomotives in steam for visitors to travel behind, are on all weekends through to 4 September, all Wednesdays from 27 July to 31 August, and Monday 29 August.

For full details, contact Didcot Railway Centre on 01235 817200, or visit the website at www.didcotrailwaycentre.org.uk





Win tickets (and more) to Storms, War and Shipwrecks at the Ashmolean!

Dive into the past and discover the extraordinary story of Sicily, the island at the crossroads of the Mediterranean, through spectacular finds rescued from the sea by underwater archaeologists.

For 2500 years, Sicily was the place where the great powers of the ancient and medieval world met and fought.

Phoenicians, Greeks, Romans, Byzantines, Arabs and Normans battled for control, with many of their ships sinking off the island's rocky shores. Sicily's azure waters have since become a focus for underwater exploration and dozens of shipwrecks have been recovered.

Immerse yourself in the world of the underwater archaeologist and explore the multicultural history of Sicily revealed through stunning and unusual artefacts brought up from the depths of the sea.

Win tickets

The exhibition runs until 25th September and we have 4 tickets to give away with kids under 12 getting in free. Winners will also receive goodies from the shop including a lovely orange stuffed Octopus toy, an exhibition book and an exhibition mug.

To be in with a chance of winning just answer this simple question:

Q Where is this spectacular exhibition being staged?

To enter the competition simply visit www.oxfordshireguardian.co.uk click on competitions





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If you are an employer and interested in attending Lee's Masterclass please email: sarah.dobbs@abingdon-witney.ac.uk.

Check out our website: www.abingdon-witney.ac.uk email: enquiries@abingdon-witney.ac.uk

Competition

WIN Breakfast at Tiffany's tickets for the Theatre Royal Haymarket

BREAKFAST at Tiffany's, the classic tale of Holly Golightly written by Truman Capote and so memorably portrayed by Audrey Hepburn in the iconic 1961 film, is being given a new lease of life as a stage play with music in a sparkling, sophisticated production starring the multi award-winning Pixie Lott as Holly.

Adapted by Pulitzer Prize finalist and Tony and Olivier Award-winning playwright Richard Greenberg and directed by Nikolai Foster, this tale of vivacious, good-time girl Holly Golightly and her fantastical existence in 1940s New York City, is told through the eyes of a young writer named Fred, played by Matt Barber (Downton Abbey), who is completely fascinated by this exquisite extrovert who every woman wants to be, and every man wants to be with.

With memorable songs from the era, this stylish production is set to capture the hearts of audiences and sparkle like a diamond in a Tiffany's Closing date: Friday, August 12

window.

Following a tour of the UK and Ireland since March, Breakfast at Tiffany's will have a 12 week run at the Theatre Royal Haymarket.

Breakfast at Tiffany's 30 June - 17 September 2016

http://breakfastattiffanys.co.uk/

WIN TICKETS!

We have 3 pairs of best available tickets to be won to see this fantastic show.

To enter just answer this simple question:

Q: At which London theatre will you be able to see the show?

The Theatre Royal, Theatre Royal Haymarket or London?

T&Cs: The winner will receive two best available tickets to Breakfast at Tiffany's at the Theatre Royal Haymarket, London, Monday to Thursday, 25 July - 8 September 2016, strictly subject to availability. Tickets are non-transferable. No cash alternative is available. Travel is not included.

The producers of Breakfast at Tiffany's cannot guarantee the appearance of any particular artist, which is always subject to availability, illness and holidays.

To enter this competition and more like it, go online to www.oxfordshireguardian.co.uk

For full terms & conditions go to www.oxfordshireguardian.co.uk/about-us



NetworkRail

Upgrading the railway near Banbury, Oxford and Didcot

30 July – 14 August 2016

We're carrying out major improvement work as part of our Railway Upgrade Plan between Leamington Spa, Banbury, Bicester North, Oxford and Didcot Parkway this summer, and lines will be closed for 16 days.

This will affect train services operated by Great Western Railway, CrossCountry and Chiltern Railways.

The train companies have worked hard to provide alternative journey solutions, so if you're planning to travel during this time please check your journey carefully at national rail.co.uk

@nationalraileng #RailwayUpgradePlan

Working for you.





Competition

WIN over £200 of goodies with Fopp!

THURSDAY 28th July will see the opening of a new Fopp store in Oxford, the store being located at 96-97 Gloucester Green, Oxford.

As a vibrant music and student city, Oxford is the perfect match for Fopp. Eight years after closing, Fopp is returning to Oxford to provide the 12.30pm. very best in music, film and books at low prices. Oxford shoppers will find a wide range of vinyl, CDs, Blu-ray, DVDs, books and turntables as well as an extensive collection of music and film related T-shirts and merchandise.

Fopp began as a one-man stall in Glasgow, Scotland in 1981, selling affordable merchandise. Throughout the years Fopp has evolved and now with the addition of Fopp Oxford, it boasts nine stores throughout the UK and is considered the second largest specialist music retailer in terms of store numbers.

Oxford Fopp store manager James Eveleigh confirmed there would be live music performances in the new store, which is sure to draw mass

Closing date: Friday, August 12.

appeal from the residents of Oxford. The first of which will be from Englishbased quartet Moose Blood who will be performing songs from their new album on Monday 8th August from

James added "We would like to thank our many loval customers in Oxford for their continued enthusiasm you have to do is answer this simple and support for the re-opening of their store. We look forward to once again providing the people of Oxford with the very best in film and music and look forward to welcoming Oxford entertainment shoppers to the brand new Fopp store this month."

As part of the opening celebration

Fopp are supplying one lucky Oxfordshire Guardian reader with a pack of goodies worth over £200 that is a mixture of: classic albums on vinyl, classic British/American cinema, classic world cinema, music books and music posters

To be in with a chance of winning all question:

O: Where in Oxford is the new Fopp store located?

To enter this competition and more like it, go online to www.oxfordshireguardian.co.uk

For full terms & conditions go to www.oxfordshireguardian.co.uk/about-us



Guardian

Reader travel



THE SPANISH

Riding School of Vienna at Wembley Arena

Saturday 12 November 2016

Price Includes...

- ✓ Overnight stay at either the 4 star Thistle Euston hotel or the 4 star Tower Guoman hotel (£10pp supplement) with full English breakfast
- ✓ A ticket (face value £26.40) to see the Spanish Riding School of Vienna at Wembley Arena on Saturday evening (upgrades available at a supplement)

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Puzzles



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Two speed crossword

Quick Clues Across

- 1 Platform (6)
- 7 Tract of level land (7)
- 8 Front cutting tooth (7)
- 9 Rows (5)
- 10 Physical features of a region (9)
- 12 Worn scrap of cloth (3)
- 13 Oceans (4)
- 15 Row of houses (7)
- 17 Dislike (4)
- 19 Fowl (3)
- 21 Making obese (9)
- 22 Circular frame (5)
- 23 Rule in tyrannical way (7)
- 24 Force exerted by reduced air pressure (7)
- 25 Joins (6)

Quick Clues Down

- I Self-righteously moral (8)
- 2 Medical practitioner (6)
- 3 Sudden increase (7)
- 4 Over-quick (5)
- 5 Go back (6)
- 6 Unnecessary worry (4)
- 7 Readiness (II)
- 11 Entrance (4) 13 Viewed (4)
- 14 Proposes (8)
- 16 Debase (7)
- 18 Ditch (6)
- 20 Most agreeable (6)
- 21 Aptitude (5) 22 Sagacious (4)
- Scribble space

Cryptic Clues Across

- 7 Festival drink for Pygmalion's love
- 8 Reveal how Uncle begins to take 3 The dergyman had a different
- over? (7)
- 9 A flower for the shepherd? (5) 10 Photographs sailors, in leading parts (4,5)
- 12 Note the bishop's office (3)
- 13 Lies about a little bit of land (4) 15 They are added to sum up the last article (7)
- 17 The essence of trusting is truth
- 19 It's laid quite naturally (3)
- 21 They are responsible for many a 13 Shakespearian character says 'I'll storm in a teacup (9)
- 22 Postponement of French song 23 Got stung? Annoyed, of course
- 24 Go back and buy them another
- 25 A Spanish gentleman is so good-looking (6)

meal (7)

Cryptic Clues Down

- I Guides the saints around for ever I Packing with different fun gifts?
 - 2 Beats the former cavities (6)

 - 4 Thunderous applause (5)

side charged (7)

- 5 Beastly places where engine cuts out (6)
- 6 Russian leader got German money by the sound of it (4)
- 7 10 have to face up to it (6,5)
- 11 Food sounds suitable (but not for vegetarians) (4)
- have a go' (4)
- 14 Is so deep in stories (8)
- 16 Set indeed is appointed (7)
- 18 A lute's used to welcome (6)
- 20 Fast-eating sprite? (6)
- 21 Does key work (5)
- 22 Most unfair (4)

1		2	Π	3		1		4		5		6
		Г				7						
3								Г				Г
	120	Г				Г		9	Г			
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22						Г		Г			A	Г
		Г				23						Т
24								Г				
							25				2	

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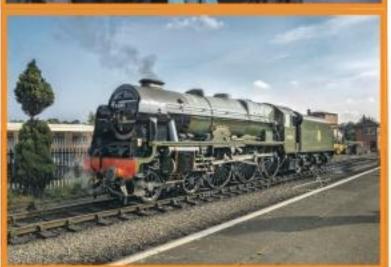
Travel behind Steam Loco 'Royal Scot' to Carlisle THE CITADEL EXPRESS Wednesday 14 September

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Pick-up Stations: Didcot Parkway, Oxford & Banbury

FARES	Adult	Junior	Party of 4
Standard Class	£108	£54	£412
First Class	£164	£124	£636
First Class Plus	£179	£139	£696
Premier Dining	£259	£219	£1016





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◆All bookings subject to terms & conditions, available on-line or by request ◆ Buffet available all day ◆ Prices are from all stations ◆
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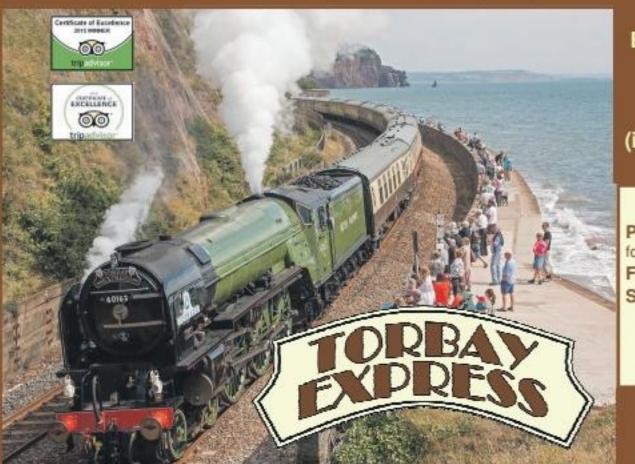


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Adult - £255

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Puzzles



Sudoku

The objective is to fill a 9×9 grid with digits so that each column, each row, and each of the nine 3×3 sub-grids that compose the grid (also called "boxes", "blocks", "regions", or "sub-squares") contains all of the digits from 1 to 9. The puzzle setter provides a partially completed grid, which for a well-posed puzzle has a unique solution.

EASY/MEDIUM/HARD

8				6		9	2	
1	5					7	4	
			7	1		3		6
		1	6				9	
3	9		5		2		6	4
	7				4	8		
4		2		5	7			
	8	3					1	5
	6	9		2				3

1		9				6		7
	5						2	
	2		6		7		4	
		8		3		5		
	3		5		1		9	
		1		9		2		
	6		7		4		8	
	8						1	
7		4				3		5

	9				4			
	9				4			
5				1			3	
	2	1			8	7		
			2				7	3
		3				1		
9	6				5			
		5	8			3	6	
	4			7				2
			6				5	

This week's solutions

4	5	6	1	P	9	7	Ε	8	5	9	ε	7	8	6	P	1	4		3	1	t	1	7	8	6	9	9	П
z	1	8	ε	4	5	6	Þ	9	p:	τ	Z	5	9	Ε	Z	8	6:	ı	s	τ	3	9	Þ	6	ε	8	7	l.
p.	9	ε	6	z	8	5	L	1	Z.	8	6	Þ	1	۷	5	9	ε	ı	6	8	9	L	s	٤	7	1	Þ	ľ
8	7	Þ	s	3	1	1	9	6	9	ε	7	8	6	Þ	ī	4	5		2	3	8	Þ	6	1	S	L	9	l
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5	t	4	8	9	6	ı	2	ε	6	t	ī	4	S	9	£	z	8	ı	9	s	3	8	t	4	b	3	6	ı
6	ε	9	7	T	Z	Þ	8	s	ε	7	8	6	b	T	4	5	9	ı	8	b	4	6	ε	7	9	s	T	ı
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Cryptic Crossword
Across: 1 Steers 7 Galatea 8 Uncover 9 Phlox 10 Film stars
12 See 13 Isle 15 Addenda 17 Gist 19 Egg 21 Teaspoons 22 Delay
23 Nettled 24 Retreat 25 Adonis
Down: 1 Stuffing 2 Excels 3 Revised 4 Claps 5 Stalls 6 Marx
7 Grease paint 11 Meat 13 Iago 14 Episodes 16 Deputed
18 Salute 20 Goblin 21 Types 22 Dark

Quick Crossword
Across: I Podium 7 Plateau 8 Incisor 9 Tiers 10 Geography
12 Rag 13 Seas 15 Terrace 17 Hate 19 Hen 21 Fattening
22 Wheel 23 Oppress 24 Suction 25 Unites
Down: I Priggish 2 Doctor 3 Upsurge 4 Hasty 5 Recede 6 Fuss
7 Preparation 11 Gate 13 Seen 14 Suggests 16 Cheapen
18 Trench 20 Micest 21 Flair 22 Wise
Cryptic Crossword

Abodes of Oxford



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TV GUIDE





Thursday July 28th

BBC1

Celebrity MasterChef,



6.00 Breakfast (S) 9.15 Countryside 999 (S)(R) 10.00 Homes Under the Hammer (S)(R) 11.00 Fake Britain (S)(R) 11.45 Neighbourhood Blues (S) 12.15 Bargain Hunt (S)(R) 1.00 BBC News at One; Weather (S) 1.30 **BBC Regional News and Weather** (S) 1.45 Red Rock (S) 2.25 Escape to the Country Searching for a home in rural Wiltshire. (S)(R) 3.25 Garden Rescue (S) 4.10 Flog It! Valuing antiques in Manchester. (S)(R) 5.10 Pointless Celebrities Quiz show. (S)(R) 6.00 BBC News at Six; Weather (S) 6.30 BBC Regional News and Weather (S)

7.00 The One Show Topical stories from around the UK. (S) EastEnders Billy confronts Jay over his discovery; (S) BBC News; Regional News (S)

8.00 Celebrity MasterChef The four finalists replicate John Torode's Korean fried chicken, identifying the ingredients by taste only, then cook for four of the country's most feared restaurant critics. (S)

Hugh's War on Waste: The 9.00 **Battle Continues** Hugh Fearnley-Whittingstall continues his mission to reduce waste. (S)

10.00 BBC News at Ten (S) 10.30 BBC Regional News and Weather (S)

10.45 Matron, Medicine and Me: 70 Years of the NHS Famous faces look back at the history of the NHS. (S)(R)

11.30 Faster, Higher, Stronger: Katarina's Olympic Dream A profile of Team GB heptathlete Katarina Johnson-Thompson. (S)

AFTER 12.00 Weather for the Week Ahead (S) 12.05 BBC News (S)

BBC2



6.00 Fake Britain (S)(R) 6.45 Garden Rescue (S)(R) 7.30 The Hairy Builder (S)(R) 8.00 Sign Zone: The Great British Sewing Bee (S)(R) 9.00 Victoria Derbyshire News and current affairs. (S) 11.00 BBC Newsroom Live (S) 12.00 Nature's Miracle Orphans (S)(R) 1.00 Golf: Women's British Open Day one of the Major. (S) 5.15 Antiques Roadshow The team visits St Andrews University, Scotland. (S)(R) 6.00 Eggheads Quiz show, hosted by Jeremy Vine. (S) 6.30 The Hairy Builder Dave Myers helps restore an art deco monastery building in North Yorkshire. (S)

Great American Railroad 7.00 Journeys Michael Portillo travels across New York state, discovering how General Electric also leads the way in rail technology. (S)

8.00 Full Steam Ahead Peter Ginn and Alex Langlands work as navvies, who built the railway tracks in all conditions, and Ruth Goodman finds out what impact the railroads had on the cottage industries. (S)

9.00 The Refugee Camp: Our Desert Home The second part of the documentary about a refugee camp in Jordan focuses on what the future holds for the 80,000 Syrians who have made this desert city their home. (S)

10.00 QI With Jimmy Carr, Aisling Bea and Danny Bhoy. (S)(R) 10.30 Newsnight (S)

11.10 Weather (S) 11.15 The Somme 1916 - From Both Sides of the Wire The phase of the battle from the middle of July to mid-September. (S)(R)

12.15 Sign Zone: Britain's Missing Young People - Panorama (S)(R) 12.45 Exodus: Our Journey to Europe (S)(R) 1.45 Shop Well for Less? (S)(R) 2.45 This Is BBC Two

ITV



6.00 Good Morning Britain (S) 8.30 Lorraine Presented by Fiona Phillips. (S) 9.25 The Jeremy Kyle Show (S)(R) 10.30 This Morning (S) 12.30 Loose Women (S) 1.30 ITV Lunchtime News; Weather (S) 1.55 ITV Regional News; Weather (S) 2.00 Judge Rinder Reallife cases in a studio courtroom. (S)(R) 3.00 Dickinson's Real Deal (S) 3.59 ITV Regional Weather (S) 4.00 Tipping Point Game show, hosted by Ben Shephard. (S)(R) 5.00 The Chase Quiz show, hosted by Bradley Walsh. (S)(R) 6.00 ITV Regional News; Weather (S) 6.30 ITV Evening News; Weather (S)

7.00 Emmerdale Andy fails to convince the police of his innocence. (S)

Real Stories with Ranvir Singh 7.30 The parents of judo champion Stephanie Inglis talk about her motorcycle accident. (S)

8.00 Emmerdale Lawrence regains consciousness. (S)

Brexit - What's Your House Worth?: Tonight Jonathan Maitland investigates the housing market in post-Brexit Britain. (S)

9.00 The Investigator: A British Crime Story Mark Williams-Thomas explores Russell's relationship with his mistress Patricia, hearing how the couple behaved after Carole disappeared. (S)

10.00 ITV News; Weather (S) 10.30 ITV Regional News; Weather (S) 10.40 Drive Vernon Kay hosts. (S)(R)

11.40 Murder, She Wrote Jessica investigates two deaths at a vineyard. (S)(R)

12.35 Jackpot247 3.00 Brexit - What's Your House Worth?: Tonight (S)(R) 3.25 ITV Nightscreen 5.05 The Jeremy Kyle Show (S)(R)

Channel 4

Inside Out Homes,



6.15 3rd Rock from the Sun (S)(R) 7.35 Everybody Loves Raymond (S) (R) 8.30 Frasier (S)(R) 9.30 The Big Bang Theory (S)(R) 10.30 The Simpsons (S)(R) 11.30 Come Dine with Me (S)(R) 12.00 Channel 4 News (S) 12.05 Come Dine with Me (S)(R) 1.35 Glorious Goodwood: Channel 4 Racing (S) 4.00 The Question Jury A new juror stirs things up by gossiping about some of the others. (S) 5.00 Couples Come Dine with Me Three couples in Manchester take part in the dinner party competition. (S)(R) 6.00 The Simpsons (S)(R) 6.30 Hollyoaks

7.00 Channel 4 News (S)

8.00 Inside Out Homes Zac Monro updates an ex-council house in south London by demolishing it and starting again. He also adds a garden office and new kitchen to a Newcastle home. (S)

9.00 999: What's Your Emergency? The care and support of people with mental health issues, including a man who believes he is possessed by the devil and another who cut his head after jumping off a wall. (S)

10.00 Ramsay's Hotel Hell Gordon Ramsay heads to the failing Lakeview hotel and restaurant on Lake Chelan in Washington state, putting the blame on the owner's inappropriate and miserly behaviour. (S)

11.05 24 Hours in A&E A 12-year-old girl is airlifted to St George's after falling from a cliff near her home in Hastings, and CT scans reveal she requires emergency brain surgery. (S)(R)

12.05 The Job Interview (S)(R) 1.10 Saddam Goes to Hollywood (S)(R) 2.05 Child Genius (S)(R) 3.05 How School Bosses Spend Your Millions: Channel 4 Dispatches (S)(R) 3.35 Food Unwrapped (S)(R)

Channel 5

On Benefits: Life on the Dole. 8pm



6.00 Milkshake! 9.15 The Wright Stuff Studio debate on the day's news. 11.15 To B&B the Best (S) 12.10 5 News Lunchtime (S) 12.15 GPs: Behind Closed Doors (S)(R) 1.15 Home and Away (S) 1.45 Neighbours (S) 2.15 NCIS Survivors from a helicopter crash are discovered. (S)(R) 3.10 Rosamunde Pilcher: The Unknown Heart First of a two-part romantic drama. (S)(R) 5.00 5 News at 5 (S) 5.30 Neighbours Steph makes a confession to Mark. (S)(R) 6.00 Home and Away John is devastated when he learns what has happened to Skye. (S) (R) 6.30 5 News Tonight (S)

7.00 Secrets of Underground Britain Rob Bell goes on a subterranean adventure under the streets of London; (S)(R) 5 News Update (S)

8.00 On Benefits: Life on the Dole People coping with medical and financial difficulties, featuring a family of four from Whitby who include a father with Tourette's and an autistic child; (S) 5 News Update (S)

9.00 Celebrity Big Brother: Live Launch New series. Emma Willis invites a fresh group of famous faces to move in together. (S)

11.05 Celebrity Big Brother's Bit on the Side New series. Rylan Clark-Neal presents the live spin-off show.

12.05 SuperCasino 3.10 Benefit Beauty Queens (S)(R) 4.00 Now That's Funny! (S)(R) 4.45 Great Scientists (S) (R) 5.10 House Doctor (S)(R) 5.35 House Doctor (S)(R)

ITV2 SKY: 118 FV: 6

6.00 Planet's Funniest Animals 6.20 Dinner Date 7.10 The Ellen DeGeneres Show 8.00 Emmerdale 8.30 Coronation Street 9.00 You've Been Framed! 9.30 Psych 10.20 Royal Pains 11.15 Dinner Date 12.15 Emmerdale 12.45 Coronation Street 1.15 You've Been Framed! 1.45 The Ellen DeGeneres Show 2.35 The Jeremy Kyle Show 5.50 Take Me Out 7.20 The Hot Desk: Ed Sheeran 7.30 You've Been Framed! 8.00 Two and a Half Men 9.00 FILM: The Bourne Identity (2002) (12) 10.00 FYI Daily 10.05 FILM: The Bourne Identity (2002) (12) 11.20 Family Guy 12.20 American Dad! 1.20 Two and a Half Men 1.45 The Vampire Diaries 2.30 Teleshopping ITV3 SKY: 119 FV: 10

6.00 Doctor in the House 6.25 Heartbeat 7.30 Where the Heart Is 8.30 The Royal 9.30 Judge Judy 10.55 Murder, She Wrote 11.55 Love Your Garden 1.00 Heartbeat 2.00 The Royal 3.05 Where the Heart Is 4.15 Doctor in the House 4.50 On the Buses 5.20 Man About the House 5.55 Heartbeat 7.00 Murder, She Wrote 8.00 Endeavour

10.00 Law & Order: UK 11.00 Wycliffe 12.05 Inspector Morse 2.05 ITV3 Nightscreen 2.30 Teleshopping BBC4 SKY: 116 FV: 9

7.00 World News Today; Weather 7.30 Top of the Pops:

1982 8.00 Masters of the Pacific Coast: The Tribes of The American Northwest 9.00 Roger Bannister: Everest on the Track 10.00 One Night In 2012: An Imagine Special 11.40 Sinatra: All or Nothing at All 1.40 Top of the Pops: 1982 2.15 Playing Beethoven's Fifth 3.00 Roger Bannister: Everest on the Track 4.00 Close E4 SKY: 136 FV: 28

6.00 Hollyoaks 6.25 Coach Trip: Road Trip to Ibiza 6.50 Melissa & Joey 7.10 How I Met Your Mother 8.05 Rules of Engagement 9.00 The Goldbergs 10.00 Baby Daddy 11.00 Charmed 1.00 How I Met Your Mother 2.00 The Big Bang Theory 3.00 Baby Daddy 4.00 Melissa & Joey 5.00 The Goldbergs 6.00 The Big Bang Theory 7.00 Hollyoaks 7.30 Coach Trip: Road to Ibiza 8.00 The Big Bang Theory 9.00 New Girl 9.30 Angle Tribeca 10.00 Brooklyn Nine-Nine 11.00 The Big Bang Theory 12.00

Gogglebox 1.00 First Dates 2.05 Rude Tube 3.55 Angle Tribeca 4.15 Rules of Engagement 5.00 Charmed MORE4 SKY: 138 FV: 14

8.55 Jamie's 15 Minute Meals 9.35 A Place in the Sun: Summer Sun 10.35 River Cottage Bites 10.55 FILM: The Thirty-Nine Steps (1959) (U) 12.55 Boudica's Lost Tribe: A Time Team Special 2.00 Wars of the Roses: A Time Team Special 3.05 A Place in the Sun: Summer Sun 5.15 Four in a Bed 7.55 Grand Designs 9.00 Love Child 10.00 8 Out of 10 Cats Does Countdown 11.05 Britain's Benefit Tenants 12.10 Ramsay's Kitchen Nightmares USA 1.10 8 Out of 10 Cats Does Countdown 2.15 Britain's Benefit Tenants 3.20 River Cottage Bites 3.35 Close

FILM4 SKY: 315 FV: 15 11.00 Dunston Checks In (1996) (PG) 12.45 Sunshine on Leith (2013) (PG) 2.45 Picture Perfect (1997) (PG) 4.45 The Death and Life of Charlie St Cloud (2010) (12) 6.45 The Three Musketeers (2011) (12) 9.00 Unknown (2011) (12) 11.15 Hellboy (2004) (12) 1.35 American Movie (1999) (15) 3.50 Close

DAVE SKY: 111 FV: 12

7.00 Storage Hunters 7.25 Scrapheap Challenge 8.10 Top Gear 9.00 Lizard Lick Towing 10.00 American Pickers 11.00 Storage Hunters 12.00 Top Gear 1.00 Lizard Lick Towing 2.00 American Pickers 4.00 Sin City Motors 5.00 Top Gear 7.00 American Pickers 8.00 Would I Lie to You? 9.20 QI 10.00 Dave Gorman: Modern Life Is Goodish 11.00 QI Christmas XL 12.00 QI XL 1.00 Dave Gorman: Modern Life Is Goodish 2.00 Russell Howard's Good News 3.00 Lizard Lick Towing 4.00 Close SKY1 SKY: 106

6.00 Supergirl 7.00 The Flash 9.00 Futurama 10.00 Ninja Warrior Women Tournament 11.00 NCIS: Los Angeles 12.00 Hawaii Five-0 1.00 Supergirl 2.00 The Flash 4.00 Modern Family 5.00 The Simpsons 5.30 Futurama 6.30 The Simpsons 8.00 Duck Quacks Don't Echo 9.00 Don't Tell the Bride 10.00 Modern Family 11.00 A League of Their Own 12.00 NOIS: Los Angeles 1.00 Hawaii Five-0 2.00 Forever 3.00 Arrow 4.00 UK Border Force 5.00 Ninja Warrior Women Tournament

SKY ATLANTIC SKY: 108

6.00 Fish Town 7.00 The Guest Wing 8.00 Cold Case 10.00 The West Wing 11.00 House 12.00 Without a Trace 1.00 Blue Bloods 2.00 Richard E Grant's Hotel Secrets 3.00 Cold Case 5.00 The West Wing 6.00 House 7.00 Without a Trace 8.00 Blue Bloods 9.00 Band of Brothers 11.35 Last Week Tonight with John Oliver 12.10 Vice Principals 12.45 Ballers 1.20 Curb Your Enthusiasm 1.55 Cold Case 2.50 Six Feet Under 4.05 Fish Town W SKY: 109

6.00 Motorway Cops 6.45 MasterChef Australia 8.05 Extreme Makeover: Home Edition 9.00 My Dream Home 10.00 The Bill 11.00 Tipping Point 1.00 Judge Faith 2.00 Motorway Cops 3.00 Extreme Makeover: Home Edition 4.00 My Dream Home 5.00 Tipping Point 7.00 Extreme Makeover: Home Edition 8.00 MasterChef Junior USA 9.00 Life and Death Row 10.00 EastEnders 10.40 Gavin & Stacey 12.00 Motorway Cops 1.00 EastEnders 1.35 Judge Faith 2.20 Bondi Rescue 2.45 Dynamo: Top Ten Greatest Moments 3.00 Home Shopping



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Friday July 29th

BBC₁

EastEnders,



6.00 Breakfast (S) 9.15 Countryside 999 (S)(R) 10.00 Homes Under the Hammer (S)(R) 11.00 Fake Britain (S) (R) 11.45 Neighbourhood Blues (S) 12.15 Bargain Hunt (S) 1.00 BBC News at One; Weather (S) 1.30 BBC Regional News and Weather (S) 1.45 Red Rock (S) 2.25 Escape to the Country People search for their ideal rural retreats. (S)(R) 3.25 Garden Rescue (S) 4.10 Flog It! From Ickworth House near Bury St Edmunds, Suffolk. (S)(R) 5.10 Pointless Celebrities (S)(R) 6.00 BBC News at Six; Weather (S) 6.30 BBC Regional News Programmes (S)

7.00 The One Show Hosted by Alex Jones. (S)

A Question of Sport With Kelly Sotherton, Kell Brook, James Taylor and Mike Tindall; (S)(R) BBC News; Regional News (S)

8.00 EastEnders Whitney panics when the doctor tells her she has chlamydia. (S)

8.30 Celebrity MasterChef The remaining three competitors vie to be crowned champion. Last in the series. (S)

10.00 BBC News at Ten (S) 10.25 BBC Regional News and Weather; (S) National Lottery Update (S)

10.35 New Tricks (S)(R)

11.35 FILM The Sentinel (2006) (12) Spy thriller, with Michael Douglas and Kiefer Sutherland.

AFTER 1.20 Weather for the Week Ahead (S)

Builder, 7pm

The Hairy



6.00 Fake Britain (S)(R) 6.45 Garden Rescue (S)(R) 7.30 The Hairy Builder (S)(R) 8.00 Sign Zone: Eat Well for Less? Helping a family from Wales whose daughters have very different eating habits. (S)(R) 9.00 Victoria Derbyshire News and current affairs. (S) 11.00 BBC Newsroom Live The latest breaking news. (S) 12.00 Nature's Miracle Orphans A woman prepares to return a bare-nosed wombat to the wild. (S)(R) 1.00 Golf: Women's British Open Day two of the Major. (S) 5.15 Antiques Roadshow From Farnborough, Hampshire. (S)(R) 6.00 Eggheads (S)

7.00 The Hairy Builder (S) Live Challenge Cup Rugby League Wigan Warriors v Hull FC (kick-off 8.00pm). Mark Chapman presents coverage of the opening semi-final from the Keepmoat Stadium in Doncaster.

10.00 Clare Balding Meets Louis Smith The host meets the British Olympic gymnast. (S) 10.30 Newsnight (S)

11.00 Artsnight - Lynn Barber Meets John Lydon (S) 11.30 Weather (S) 11.35 Keith Richards: The Origin of the Species (S)(R)

12.35 FILM Tomboy (2011) (U) 1.50 Sign Zone: Forces of Nature with Brian Cox (S)(R) 2.50 Trust Me, I'm a Doctor - Summer Special (S)(R) 3.50 This Is BBC Two (S) 5.55 Glorious Gardens from Above (S)(R)



6.00 Good Morning Britain (S) 8.30 Lorraine (S) 9.25 The Jeremy Kyle Show (S)(R) 10.30 This Morning (S) 12.30 Loose Women (S) 1.30 ITV Lunchtime News; Weather (S) 1.55 ITV Regional News; Weather (S) 2.00 Judge Rinder Real-life cases in a studio courtroom. (S)(R) 3.00 Dickinson's Real Deal From Shrewsbury, Shropshire. (S) 3.59 ITV Regional Weather (S) 4.00 Tipping Point Game show, hosted by Ben Shephard. (S)(R) 5.00 The Chase Quiz show, hosted by Bradley Walsh. (S)(R) 6.00 ITV Regional News; Weather (S) 6.30 ITV Evening News; Weather (S)

7.00 Emmerdale Ashley and Laurel realise what Gabby has done. (S) Coronation Street Eileen grows suspicious of Billy and Todd's relationship. (S)

8.00 Gino's Italian Escape - Islands in the Sun Chef Gino D'Acampo arrives in Palermo, the capital city of Sicily. (S)(R)

8.30 Coronation Street Eileen insists that Todd should tell Sean the truth about Billy. (S)

9.00 Doc Martin Louisa and Martin have their first therapy session together, while Mrs Tishell is surprised when her husband Clive returns and tells her he wants to give things another go. (S)(R)

10.00 ITV News; Weather (S) 10.30 ITV Regional News; Weather (S) 10.40 FILM The Nutty Professor (1996) (PG) Comedy remake, starring Eddie Murphy, Jada Pinkett Smith and James Coburn. (S)

12.25 Jackpot247 3.00 Murder, She Wrote (S)(R) 3.50 ITV Nightscreen

Channel 4



6.15 3rd Rock from the Sun (S)(R) 7.30 Everybody Loves Raymond (S) (R) 8.30 Frasier (S)(R) 9.30 The Big Bang Theory (S)(R) 10.30 The Simpsons (S)(R) 11.30 Come Dine with Me (S)(R) 12.00 Channel 4 News (S) 12.05 Come Dine with Me (S)(R) 1.35 Glorious Goodwood: Channel 4 Racing (S) 4.00 The Question Jury The group becomes increasingly divided. (S) 5.00 Couples Come Dine with Me Three couples in Newcastle compete. (S)(R) 6.00 The Simpsons (S) (R) 6.30 Hollyoaks Neeta worries about the new posters bearing her photograph. (S)

7.00 Channel 4 News (S)

8.00 Amazing Spaces Shed of the Year New series. George Clarke begins his annual quest for 2016 by turning his attentions to those sheds in the Unique and Historic categories. (S)

9.00 Celebrity First Dates TV weather presenter Sian Lloyd, Coronation Street actor Daniel Brocklebank and reality TV stars Jess Woodley and Musharaf Asghar go in search of romance with members of the public. (S)

10.00 Friday Night Dinner Dad spills oil on Mum's beloved carpet. (S) 10.35 Rude Tube Alex Zane counts down the top 50 pranks from

the worldwide web. (S)(R)

11.35 Man Down Brian meets the woman of his dreams. (S)(R)

12.10 FILM District 9 (2009) (15) (S) 2.00 Peep Show (S)(R) 2.30 I'm Spazticus (S)(R) 3.00 Location, Location, Location (S)(R) 3.55 George Clarke's Amazing Spaces (S)(R) 4.50 Draw It! (S)(R)

Channel 5



6.00 Milkshake! 9.15 The Wright Stuff 11.15 Celebrity Big Brother: The Launch Emma Willis invites another group of famous faces to shack up together. (S)(R) 1.10 5 News Lunchtime (S) 1.15 Home and Away (S) 1.45 Neighbours (S) 2.15 NCIS (S) (R) 3.10 Rosamunde Pilcher: The Unknown Heart Conclusion. Elizabeth is torn between Duncan and Andrew. (S)(R) 5.00 5 News at 5 (S) 5.30 Neighbours Aaron suspects Clive West is behind the attacks on Sonya. (S)(R) 6.00 Home and Away Alf forces Roo to admit she needs help. (S)(R) 6.30 5 News Tonight (S)

7.00 Funniest Fails, Falls & Flops Gravity takes its toll on a succession of the unwary; (S)(R) 5 News Update (S)

7.30 20 Moments That Rocked the 90s; (S)(R) 5 News Update (S)

9.00 Celebrity Big Brother Highlights from launch night as a fresh group of familiar faces make their way down the staircase into the house that for some will be their home for the next few weeks. (S)

10.00 It's Not Me, It's You Relationship-based comedy panel show, hosted by Eamonn Holmes. (S)

10.30 Celebrity Big Brother's Bit on the Side (S)

11.35 Celebrity Big Brother: Live from the House Coverage of the housemates' every move.

12.05 SuperCasino 3.10 Celebrity Big Brother (R) 4.00 Lip Sync Battle: Star Trek Special (S)(R) 4.45 Access 4.50 Chinese Food in Minutes (S)(R) 5.10 Angels of Jarm (S)(R) 5.20 Roary the Racing Car (S)(R)

ITV2 SKY: 118 FV: 6

1.25 BBC News (S)

6.20 Dinner Date 7.10 The Ellen DeGeneres Show 8.00 Emmerdale 9.00 You've Been Framed! 9.30 Psych 10.20 Royal Pains 11.15 Dinner Date 12.15 Emmerdale 1.15 You've Been Framed! 1.45 The Ellen DeGeneres Show 2.35 The Jeremy Kyle Show 5.50 Take Me Out 6.50 The Hot Desk: Adam Lambert 7.00 Funniest Ever You've Been Framed! 8.00 Two and a Half Men 9.00 FILM: Fast & Furious (2009) (12) 10.00 FYI Daily 10.05 FILM: Fast & Furious (2009) (12) 11.10 Family Guy 12.10 American Dad! 1.10 Two and a Half Men 1.35 The Cleveland Show 2.30 Teleshopping 5.45 ITV2 Nightscreen ITV3 SKY: 119 FV: 10

6.00 Doctor in the House 6.25 Heartbeat 7.25 Where the Heart Is 8.25 The Royal 9.30 Judge Judy 10.55 Murder, She Wrote 11.55 Love Your Garden 12.55 Heartbeat 2.00 The Royal 3.05 Where the Heart Is 4.10 Doctor in the House 4.45 On the Buses 5.20 Man About the House 5.55 Heartbeat 6.55 Murder, She Wrote 8.00 Birds of a Feather 9.00 Paul O'Grady: For the Love of Dogs 10.00

Law & Order: UK 11.00 Wycliffe 12.10 FILM: Steptoe and Son (1972) (PG) 1.15 FYI Daily 1.20 FILM: Steptoe and Son (1972) (PG) 2.00 Long Lost Family 2.50 Rory Bremner's Great British Views 4.35 Man About the House 5.00 Judge Judy 5.25 ITV3 Nightscreen

BBC4 SKY: 116 FV: 9

7.00 World News Today; Weather 7.30 BBC Proms 2016: Haitink Conducts Mahler. 9.15 Sounds of the Eighties 10.15 BBC Proms 2016: David Bowie. 12.00 David Bowie Five Years in the Making of an Icon 1.30 The Genius of David Bowie 2.30 Sounds of the Eighties 3.30 Close E4 SKY: 136 FV: 28

6.00 Hollyoaks 6.25 Coach Trip: Road to Ibiza 6.50 Melissa & Joey 7.10 How I Met Your Mother 8.05 Rules of Engagement 9.00 The Goldbergs 10.00 Baby Daddy 11.00 Charmed 1.00 How I Met Your Mother 2.00 The Big Bang Theory 3.00 Baby Daddy 4.00 Melissa & Joey 5.00 The Goldbergs 6.00 The Big Bang Theory 7.00 Hollyoaks 7.30 Coach Trip: Road to Ibiza 8.00 The Big Bang Theory 9.00 FILM: Sinister (2012) (15) 11.10 The

Big Bang Theory 12.05 Tattoo Fixers on Holiday 1.10 Wasted 2.10 Gogglebox 3.05 First Dates 4.00 Rules of Engagement 4.45 Charmed 5.00 Rules of Engagement MORE4 SKY: 138 FV: 14

8.55 Jamie's 15 Minute Meals 9.35 A Place in the Sun: Summer Sun 10.35 Food Unwrapped 11.10 FILM: Sword of Sherwood Forest (1960) (U) 12.50 Dare to Believe: Lauren Steadman 12.55 Secrets of the Saxon Gold: A Time Team Special 2.00 Brunel's Last Launch: A Time Team Special 3.05 A Place in the Sun: Summer Sun 5.15 Four in a Bed 7.55 Grand Designs 9.00 The Out-Laws 10.05 8 Out of 10 Cats Does Countdown 12.20 Ramsay's Kitchen Nightmares USA 1.20 Love Child 2.20 8 Out of 10 Cats Does Countdown 3.20 Kirstie's Homemade Home 3.35 Close

FILM4 SKY: 315 FV: 15

11.00 Swiss Family Robinson (1960) (U) 1.30 Fast Girls (2012) (12) 3.15 Honey, I Shrunk the Kids (1989) (U) 5.00 Millions (2004) (12) 6.55 Ferris Bueller's Day Off (1986) (15) 9.00 The Transporter (2002) (15) 10.45

Oldboy (2013) (18) 12.50 12 Rounds (2009) (15) 3.05 Close

DAVE SKY: 111 FV: 12

Tournament 5.30 Ninja Warrior

7.00 Carpool 7.10 Scrapheap Challenge Top 10 8.00 Top Gear 9.00 Lizard Lick Towing 10.00 American Pickers 11.00 Storage Hunters 12.00 Top Gear 1.00 Caribbean Premier League T20 Cricket 5.00 Top Gear 7.00 American Pickers 8.00 QI Christmas XL 9.00 QI XL 11.00 8 Out of 10 Cats 11.30 Live Caribbean Premier League T20 Cricket. 3.20 Lizard Lick Towing 4.00 Close SKY1 SKY: 106

6.00 Supergirl 7.00 The Flash 9.00 Futurama 10.00 Ninja Warrior Women Tournament 11.00 NCIS: Los Angeles 12.00 Hawaii Five-0 1.00 Supergirl 2.00 The Flash 4.00 Modern Family 5.00 The Simpsons 5.30 Futurama 6.30 The Simpsons 8.00 Modern Family 9.00 A League of Their Own 10.00 The Last Ship 11.00 Zoo 12.00 NCIS: Los Angeles 1.00 Hawaii Five-0 2.00 Forever 3.00 Arrow 4.00 Road Wars 5.00 Ninja Warrior Women

SKY ATLANTIC SKY: 108

6.00 Fish Town 7.00 Urban Secrets 8.00 Cold Case 10.00 The West Wing 11.00 House 12.00 Without a Trace 1.00 Blue Bloods 2.00 Richard E Grant's Hotel Secrets 3.00 Cold Case 5.00 The West Wing 6.00 House 7.00 Without a Trace 8.00 Blue Bloods 9.00 FILM: The Fall: Decker vs Budd (2016) 10.50 Oz 1.20 Curb Your Enthusiasm 1.55 Cold Case 2.50 Six Feet Under 4.00 Fish Town 5.00 Urban Secrets

W SKY: 109

6.05 MasterChef Australia 8.00 Extreme Makeover: Home Edition 9.00 My Dream Home 10.00 The Bill 11.00 Tipping Point 1.00 Judge Faith 2.00 Traffic Cops 3.00 Extreme Makeover: Home Edition 4.00 My Dream Home 5.00 Tipping Point 7.00 Extreme Makeover: Home Edition 8.00 Choccywoccydoodah: Starstruck 9.00 Dynamo: Magician Impossible 10.00 EastEnders 10.40 FILM: The Truth About Cats and Dogs (1995) (15) 12.40 Traffic Cops 1.40 EastEnders 2.15 Judge Faith 2.35 Dynamo: Top Ten Greatest Moments

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BBC₁

Casualty, 9.25pm



6.00 Breakfast (S) 10.00 Saturday Kitchen Live (S) 11.30 Home Cooking Made Easy (S)(R) 12.00 BBC News: Weather (5) 12.15 Bargain Hunt (S)(R) 1.00 Escape to the Country (S)(R) 1.30 Inspire: The Olympic Journey (S) 2.00 Live Challenge Cup Rugby League Warrington Wolves v Wakefield Trinity Wildcats (kick-off 2.30pm). (S) 4.35 Celebrity Mastermind (S)(R) 5.05 Now You See It (S) 5.35 The Getaway Car Car-based game show, presented by Dermot O'Leary. (S) 6.25 BBC News (S) 6.35 BBC Regional News; Weather (S) 6.45 Pointless Celebrities Quiz show. (S)

7.35 The National Lottery: Five Star Family Reunion Families answer questions to win a once-in-alifetime reunion. (S)

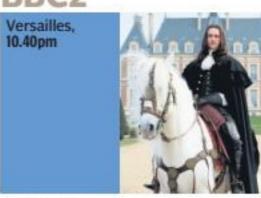
8.30 The Musketeers Treville tries to protect the Dauphin from Grimaud, Gaston and the Duke of Lorraine. (S)

Casualty Grace discovers the truth about Connie and Jacob. Last in the series. (S)

10.15 BBC News; Weather; (S) National Lottery Update (S) 10.35 Mrs Brown's Boys Agnes falls under a hypnotist's spell. (S)(R)

11.05 Live at the Apollo Alan Carr hosts the stand-up show. (S)(R) 11.50 FILM Reign of Fire (2001) (12) Fantasy adventure, starring Christian Bale and Matthew McConaughey. (S)

AFTER 1.25 Weather for the Week Ahead (S) 1.30 BBC News (S) BBC₂



6.40 The Women's Football Show (S)
(R) 7.10 FILM City Beneath the Sea
(1970) (U) Sci-fi adventure, starring
Stuart Whitman and Robert Wagner.
(S) 8.40 FILM Hotel for Dogs (2009)
(U) Family comedy, starring Emma
Roberts and Jake T Austin. (S) 10.10
Homes Under the Hammer (S)(R)
11.10 Natural World – Snow Monkeys
(S)(R) 12.00 The Hairy Bikers'
Northern Exposure (S)(R) 1.00 Flog It!
(S)(R) 2.00 Golf: Women's British
Open Day three of the Major. (S) 6.00
Cycling: RideLondon Classique Live
coverage of the UCI Women's
WorldTour race. (S)

7.00 Proms Extra Tippett's A Child of Our Time and Vaughan Williams' The Lark Ascending. (S)

7.40 Gardeners' World Monty Don tackles his espaliered pear trees. (S)(R)

8.10 Grand Tours of Scotland Paul Murton visits places connected to Robert Burns. (S)

8.40 Dad's Army Mainwaring declares martial law. (S)(R)

9.10 Film Versus: The Life and Films of Ken Loach (2016) (PG)
Premiere. The celebrated director shares stories about the making of his most successful films, and details of shelved projects. (S)

10.40 Versailles While Louis proposes an audacious alliance with England, along with an unexpected envoy to negotiate it, Beatrice fears her secrets being revealed; (S)(R) Inside Versailles. (S)(R)

11.40 FILM Sweet Sixteen (2002)
(18) Drama, starring Martin
Compston and Annmarie Fulton.
(S)

1.25 FILM Love Like Poison (2010) (15) Drama, starring Clara Augarde. 2.45 This Is BBC Two (S) ITV

7.15pm

Catchphrase,



6.00 CITV 8.25 ITV News (S) 8.30 Weekend (S) 9.25 Murder, She Wrote (S)(R) 11.20 Who's Doing the Dishes? (S)(R) 12.20 ITV News; Weather (S) 12.35 The Wine Show (S) 1.40 Wild Animal Reunions (S)(R) 2.40 Doc Martin The medic is accused of murder. (S)(R) 3.40 Planet's Got Talent A performer who can walk on water. (S)(R) 4.10 Britain's Favourite Dogs A countdown of the nation's 10 favourite breeds. (S)(R) 5.10 The Chase Quiz show, hosted by Bradley Walsh. (S)(R) 6.15 ITV Regional News; Weather (S) 6.25 ITV News (S) 6.45 You've Been Framed! Gold (S)(R)

7.15 Catchphrase Guessing game, hosted by Stephen Mulhern. (S)

8.00 Tom Daley: Diving for Gold A profile of the diver, looking into his relationship with fiance Dustin Lance Black, his change of coaches and his attempts to learn a new dive for the Rio Olympics. (S)

9.00 1966: A Nation Remembers
Terrence Stamp narrates the
story of the English football
team's World Cup triumph
through the eyes of those who
attended matches at the
tournament. (S)

10.00 ITV News; Weather (S)
10.15 FILM Crank (2006) (18) An
assassin is poisoned and resorts
to desperate measures to keep
himself alive long enough to
exact a fitting revenge. Thriller,
starring Jason Statham. (S)

11.55 River Monsters A feared marine creature in Central America. (S) (R)

12.25 Jackpot247 3.00 Murder, She Wrote (S)(R) 3.50 ITV Nightscreen **Channel 4**

Formula 1 2016 German Grand Prix Qualifying Highlights, 5.45pm



6.05 Gillette World Sport (S) 6.30 Motor Sport: 2016 FIA World Endurance Championship (S) 7.00 Swansea Triathlon (S) 7.30 Motor Sport: Mini Challenge (S) 7.55 Everybody Loves Raymond (S)(R) 9.00 The Morning Line (S) 10.00 Car SOS (S)(R) 11.00 The Superhumans Show (S) 11.30 The Big Bang Theory (S)(R) 12.25 Come Dine with Me (S)(R) 1.30 Glorious Goodwood: Channel 4 Racing (S) 4.15 A Place in the Sun: Summer Sun (S) 5.20 Channel 4 News (S) 5.45 Formula 1 2016 **German Grand Prix Qualifying** Highlights (S)

7.30 Britain's Favourite Superhero
Documentary making use of a
new poll to determine which
big-screen superheroes have
best captured British
imaginations and become the
nation's favourites. (S)

9.00 FILM Iron Man 2 (2010) (12)
The superhero battles a
vengeful new foe, but finds the
armour he created to fight evil
is slowly killing him. Adventure
sequel, with Robert Downey Jr
and Mickey Rourke. (S)

11.30 FILM Terminator Salvation (2009) (12) Sci-fi thriller sequel, with Christian Bale and Sam Worthington. (S)

1.40 Ramsay's Kitchen Nightmares USA (S)(R) 2.30 Hollyoaks (S)(R) 4.30 Double Your House for Half the Money (S)(R) 5.25 Phil: Secret Agent Down Under (S)(R) Channel 5

NCIS.

8pm



6.00 Milkshake! 8.25 Teenage Mutant Ninja Turtles Splinter battles his daughter Karai to save his students from mortal peril. (S)(R) 9.00 The Saturday Show Live Topical show looking at the week's headlines. (S) 11.00 Funniest Fails, Falls & Flops Comedy clip show featuring pranks gone wrong. Last in the series. (S)(R) 11.25 Police Interceptors (S)(R) 3.20 Can't Pay? We'll Take It Away (S)(R) 4.15 Can't Pay? We'll Take It Away (S)(R) 5.15 Can't Pay? We'll Take It Away (S)(R) 6.15 Can't Pay? We'll Take It Away An agent is assaulted in a doorstep confrontation. (S)(R)

7.10 NCIS: Los Angeles Callen assumes an old alias to investigate the death of a taxi driver. (S)(R)

8.00 NCIS The team feverishly investigates a global terrorist group. Last in the series. (S)

8.55 5 News Weekend (S)

9.00 Celebrity Big Brother
Highlights of the housemates'
first full day at the mercy of Big
Brother, revealing who is playing
up for the benefit of the
cameras and who is taking a
more laid-back approach. (S)

10.00 The Funny Thing About Holidays Celebrities and comedians explore the many pitfalls of the traditional summer holiday. (S)

11.05 Family Feud - My Big Family Fallout People involved in family feuds. (S)(R)

12.00 SuperCasino 3.10 Celebrity Big Brother (S)(R) 4.00 GPs: Behind Closed Doors (S)(R) 4.50 Divine Designs (S)(R) 5.15 Nick's Quest (S)(R) 5.40 Angels of Jarm (S)(R) 5.50 Roary the Racing Car (S)(R)

ITV2 SKY: 118 FV: 6

6.00 Emmerdale 8.55 Coronation Street 11.25
Funniest Ever You've Been Framed! 12.30 Ninja
Warrior UK 1.30 FILM: Batteries Not Included (1987)
(PG) 2.30 FYI Daily 2.35 FILM: Batteries Not Included
(1987) (PG) 3.35 FILM: Bill & Ted's Excellent Adventure
(1989) (PG) 4.35 FYI Daily 4.40 FILM: Bill & Ted's
Excellent Adventure (1989) (PG) 5.25 FILM: King Kong
(2005) (12) 6.25 FYI Daily 6.30 FILM: King Kong
(2005) (12) Concluded. 9.00 FILM: The Dark Knight
(2008) (12) Comic-book thriller sequel, starring
Christian Bale. 10.00 FYI Daily 10.05 FILM: The Dark
Knight (2008) (12) Concluded. 12.00 Family Guy 1.30
American Dad! 2.25 The Cleveland Show 2.50
Teleshopping 5.50 ITV2 Nightscreen

ITV3 SKY: 119 FV: 10
6.00 Movies Now 6.10 Where the Heart Is 8.05
Inspector Morse 10.30 A Touch of Frost 12.45 FILM:
Blue Murder at St Trinian's (1957) (PG) 1.45 FYI Daily
1.50 FILM: Blue Murder at St Trinian's (1957) (PG)

2.35 Jane Eyre 4.55 Midsomer Murders 7.00 Doc Martin 8.00 Lewis 10.00 Foyle's War 12.00 Inspector Morse 2.05 ITV3 Nightscreen 2.30 Teleshopping BBC4 SKY: 116 FV: 9

7.00 Roger Bannister: Everest on the Track 8.00
Tutankhamun: The Truth Uncovered 9.00 Beck: The
Silent Scream 10.25 Imagine - Bette Midler: The
Divine Miss M 11.40 Spike Milligan: Love, Light and
Peace 1.10 The Kinks at the BBC 2.15 Cilla at the BBC
3.15 Top of the Pops: 1982 3.50 Close
E4 SKY: 136 FV: 28

6.00 Jane the Virgin 6.45 How I Met Your Mother 7.35 The Mindy Project 8.30 Baby Daddy 9.30 Melissa & Joey 12.00 Rich Kids of Instagram 1.00 New Girl 1.30 The Goldbergs 3.30 Brooklyn Nine-Nine 4.30 FILM: Gulliver's Travels (2010) (PG) 6.10 Rude(ish) Tube Shorts 6.30 The Big Bang Theory 9.00 FILM: Rush Hour 3 (2007) (12) Action comedy sequel, starring Jackie Chan and Chris Tucker. 10.45 Gogglebox 12.55 Rude Tube 2.00 First Dates 2.55 Gogglebox 3.50 2

Broke Girls 4.30 Rude(ish) Tube 4.50 Revenge MORE4 SKY: 138 FV: 14

8.55 River Cottage Bites 9.10 Jamie's 15 Minute Meals 9.45 Come Dine with Me 12.25 Location, Location, Location 2.35 Four in a Bed 5.20 Come Dine with Me 8.00 Hitler's Hunting Experiment 9.00 The Nazi Olympics 10.00 The World's Greatest Spy Movies 11.45 8 Out of 10 Cats Does Countdown 12.50 The Nazi Olympics 1.50 The World's Greatest Spy Movies 3.25 Hugh's 3 Good Things: Best Bites 3.35 Close FILM4 SKY: 315 FV: 15

11.00 Captain Ron (1992) (PG) 1.00 Sister Act (1992) (PG) 3.05 Diary of a Wimpy Kid: Rodrick Rules (2011) (U) Children's comedy sequel, starring Zachary Gordon. 5.05 Napoleon Dynamite (2004) (PG) Comedy, starring Jon Heder. 6.55 Tower Heist (2011) (12) Crime comedy, with Ben Stiller and Eddie Murphy. 9.00 Predator (1987) (18) Sci-fi thriller, starring Arnold Schwarzenegger. 11.10 Bound (1996) (18) Thriller, starring Jennifer Tilly and Gina Gershon. 1.25 Alien

(1979) (18) 3.45 Close DAVE SKY: 111 FV: 12

7.00 Bush Pilots 8.00 The Best of Top Gear 9.00
Storage Hunters 10.00 Storage Hunters UK 11.00 Top
Gear 3.00 Storage Hunters 4.00 Storage Hunters UK
4.30 Caribbean Premier League T20 Cricket 9.00 QI XL
10.00 Dave Gorman: Modern Life Is Goodish 12.05 QI
XL 1.05 Dave Gorman: Modern Life Is Goodish 2.05 QI
XL 3.00 Lizard Lick Towing 4.00 Close

SKY1 SKY: 106

6.00 The Dog Whisperer 7.00 Ashley Banjo's Secret Street Crew 9.00 The F1 Show 9.30 What's Up? 10.00 Guitar Star 11.00 David Attenborough's Galapagos 12.00 Ninja Warrior Women Tournament 1.00 Ninja Warrior 1.30 Ninja Warrior Women Tournament 2.00 Futurama 5.00 Modern Family 8.00 Agatha Raisin 9.00 The Simpsons 10.00 FILM: Underworld: Evolution (2006) (18) Action fantasy sequel, starring Kate Beckinsale. 12.00 A League of Their Own 1.00 Karl Pilkington: The Moaning of Life 2.00 Brit Cops: Law &

Disorder 3.00 Road Wars 4.00 Border Security: Canada's Front Line 5.00 Gordonstoun: A Different Class

SKY ATLANTIC SKY: 108

6.00 The Petrol Age 7.00 David Attenborough's Conquest of the Skies 8.00 Cold Case 11.00 David Attenborough's Kingdom of Plants 12.00 Blue Bloods 5.00 Without a Trace 9.00 Game of Thrones 11.35 Last Week Tonight with John Oliver 12.10 Curb Your Enthusiasm 1.40 Cold Case 2.30 Six Feet Under 4.00 The Petrol Age 5.00 David Attenborough's Conquest of the Skies

W SKY: 109

6.00 Dynamo: Top Ten Greatest Moments 6.10 Best in Town 9.05 The Bill 2.10 EastEnders 4.40 Extreme Makeover: Home Edition 7.40 Outnumbered 9.00 Jonathan Creek 10.20 Sherlock 12.25 Traffic Cops 1.20 Jackpots and Jinxes: Lottery Stories 2.10 The Route Masters: Running London's Roads 3.00 Home Shopping

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Sunday July 31st

BBC1

Fake or Fortune?,



6.00 Breakfast (S) 9.00 BBC News (S) 10.00 Sunday Morning Live (S) 11.00 Homes Under the Hammer (S)(R) 12.00 Bargain Hunt (S)(R) 1.00 BBC News; Weather (S) 1.15 Flog It! (S)(R) 1.55 Eat Well for Less? (S)(R) 2.55 Songs of Praise Josie D'Arby visits the site of the 2012 Olympics. (S) 3.30 Cycling: RideLondon-Surrey Classic Jill Douglas presents live coverage of the race, which starts and ends in London and involves a 200km course that incorporates part of the route used in the 2012 Olympics. (S) 6.35 BBC News (S) 6.50 BBC Regional News; Weather (S)

7.00 Countryfile Matt Baker travels along the South Wales coastline, while Naomi Wilkinson goes punting on the river Cam and joins a member of the Wildlife Trust looking for bats. (S)

8.00 Fake or Fortune? Fiona Bruce and Philip Mould investigate a sketch which is believed to be the work of sculptor Rodin – only to stumble on a forgery scandal that rocked the French art world. (S)

9.00 The Secret Agent Heat moves to arrest Verloc in the aftermath of the bombing, while Winnie is devastated to learn the truth about her husband and goes on the run with Ossipon. Last in the series. (S)

10.20 BBC Regional News; Weather
(S)
10.30 Imagine – Sir Roderick
Stewart: Can't Stop Me Now

11.55 Weather for the Week Ahead

AFTER 12.00 BBC News (S)

10.00 BBC News (S)

12

BBC2

Golf: Women's British Open, 2pm



6.15 Glorious Gardens from Above (S)(R) 7.00 Great British Garden Revival (S)(R) 8.00 Gardeners' World (S)(R) 8.30 Countryfile (S)(R) 9.30 The Beechgrove Garden (S) 10.00 Cycling: RideLondon-Surrey 100 (S) 11.00 Saturday Kitchen Best Bites (S)(R) 12.30 Lorraine Pascale: How to Be a Better Cook (S)(R) 1.00 The A to Z of TV Cooking (S)(R) 1.05 Winners with Denise Lewis (S) 1.30 Clare Balding Meets (S) 2.00 Golf: Women's British Open Day four of the Major. (S) 6.40 FILM G-Force (2009) (PG) Children's adventure, with Bill Nighy and the voice of Sam Rockwell. (S)

8.00 Robot Wars Dara O Briain and Angela Scanlon present more battles in the arena, with an untested robot making a surprising impact. Plus, judge Sethu Vijayakumar discusses his work with Nasa. (S)

9.00 Dragons' Den The panel assess the profit-making potential of business plans for wearable maps, interference-free guitar cables and keys for manhole covers. Evan Davis presents. (S)

10.00 World Cup 1966: Alfie's Boys
David Jason presents a
documentary about how Alf
Ramsey put together the
England football team that won
the world cup in 1966. (S)(R)

11.30 FILM Buried (2010) (15)
Thriller, starring Ryan Reynolds.
(S)

1.00 Sign Zone: Countryfile (S)(R) 1.55 Holby City (S)(R) 2.55 This Is BBC Two (S) ITV

The Chase: Celebrity Special, 7pm

6.00 CITV 8.25 ITV News (S) 8.30 Weekend (S) 9.25 Murder, She Wrote (S)(R) 11.20 Judge Rinder Real-life cases in a studio courtroom. (S)(R) 12.20 ITV News; Weather (S) 12.30 Rebound (S)(R) 1.30 Long Lost Family Helping a 74-year-old man who is haunted by a missed opportunity. (S)(R) 2.30 Love Your Garden Transforming gardens across the nation. (S)(R) 3.35 Midsomer Murders A paranormal mystery baffles Barnaby. (S)(R) 5.30 Masterpiece with Alan Titchmarsh From Kentwell Hall in Suffolk. (S)(R) 6.30 ITV Regional News; Weather (S) 6.45 ITV News (S)

7.00 The Chase: Celebrity Special Arlene Phillips, Diarmuid Gavin, Helen Skelton and Micky Flanagan take on a trivia expert. Bradley Walsh hosts. (S)(R)

8.00 FILM Skyfall (2012) (12) James
Bond hunts the mastermind
behind a terrorist attack on MI6,
and discovers a former agent
with revenge in mind. Action
thriller, starring Daniel Craig and
Javier Bardem. (S)

10.45 ITV News; Weather (S)

11.00 Premiership Rugby 7s
Highlights Action from the
group matches. (S)

12.00 River Monsters (S)(R) 12.25 Jackpot247 3.00 Motorsport UK (S) 3.50 British Superbike Championship Highlights (S) 4.45 ITV Nightscreen 5.05 The Jeremy Kyle Show (S)(R) **Channel 4**

Friday Night Dinner, 11.10pm



6.15 Shipping Wars (S)(R) 7.05 The King of Queens (S)(R) 7.55 Frasier (S) (R) 9.30 Sunday Brunch (S) 12.30 FILM A Goofy Movie (1995) (U) (S) 2.00 FILM Dr Seuss' The Lorax (2012) (U) Animated fantasy, with the voice of Danny DeVito. (S) 3.40 Location, Location Kirstie Allsopp and Phil Spencer help prospective buyers in Cardiff. (S)(R) 4.45 A Place in the Sun: Winter Sun A couple hoping to buy a property in Florida. (S) 5.45 Channel 4 News (S) 6.00 Formula 1 2016 German Grand Prix Highlights Action from the 12th round of the season. (S)

Comedy, starring Kevin James. (S) 3.20
FILM The Parent Trap (1998) (U)
Comedy remake, starring Lindsay
Lohan. (S) 6.00 FILM Bruce
Almighty (2003) (12) God tires of a
reporter's constant complaining, so
passes on His powers to give him a
taste of real responsibility. Comedy,

with Jim Carrey, Morgan Freeman and

6.00 Milkshake! 9.50 Teenage

Mutant Ninja Turtles (S)(R) 10.55

FILM Beverly Hills Ninja (1997) (12)

Martial arts comedy, with Chris Farley.

(S) 12.35 Police Interceptors (S)(R)

1.30 FILM Zookeeper (2011) (PG)

Channel 5

Bruce

Almighty,

8.00 Flying to the Ends of the Earth
New series. Arthur Williams
explores Siberia by helicopter,
but when one of the aircraft
crashes in deep snow, the crew
is faced with a six-hour drive
along treacherous ice roads. (S)

9.00 FILM The Imitation Game
(2014) (12) Premiere. Biopic of
Alan Turing, who broke vital
Nazi codes during the Second
World War, but was condemned
for his homosexuality. With
Benedict Cumberbatch. (S)

11.10 Friday Night Dinner Dad spills oil on Mum's beloved carpet. (S)

11.45 FILM Date Night (2010) (15) Comedy, starring Tina Fey and Steve Carell. (S)

1.20 The World's Weirdest Weather (S)(R) 2.15 Walking the Himalayas (S) (R) 3.10 Cleopatra's Lost Tomb (S)(R) 4.10 Kirstie's Handmade Treasures (S) (R) 4.20 Double Your House for Half the Money (S)(R) 8.00 Now That's Funny! Featuring dancing animals. (S)

8.55 5 News Weekend (S)

Jennifer Aniston. (S)

9.00 Celebrity Big Brother The ups and downs of life in the BB house as friendships and alliances are made, battle lines are drawn and arguments erupt. (S)

10.00 Ultimate Celebrity Power
Couples 2016 Celebrating the
world's biggest celebrity couples
of 2016, with a definitive
countdown based on the stars'
reported wealth, media impact
and political muscle. (S)(R)

11.55 Family Secrets & Lies People involved in feuds with their nearest and dearest. (S)(R)

12.55 SuperCasino 3.10 Secrets of Great British Castles (S)(R) 4.00 World's Most Pampered Pets (S)(R) 4.50 Wildlife SOS (S)(R) 5.15 Wildlife SOS (S)(R) 5.40 Angels of Jarm (S)(R) 5.50 Roary the Racing Car (S)(R)

ITV2 SKY: 118 FV: 6 6.00 You've Been Framed! Gold 6.25 Emmerdale 9.25

Ever You've Been Framed! 2.05 FILM: Stormbreaker (2006) (PG) Spy adventure, starring Alex Pettyfer. 3.05 FYI Daily 3.10 FILM: Stormbreaker (2006) (PG) 3.55 FILM: The Wedding Planner (2001) (PG) Romantic comedy, with Jennifer Lopez and Matthew McConaughey. 4.55 FYI Daily 5.00 FILM: The Wedding Planner (2001) (PG) 5.55 FILM: Yogi Bear (2010) (U) Premiere. Comedy, with the voice of Dan Aykroyd. 7.30 FILM: Twilight (2008) (12) Romantic fantasy, starring Kristen Stewart. 8.30 FYI Daily 8.35 FILM: Twilight (2008) (12) Concluded. 10.00 Family Guy 11.30 Bordertown 11.55 American Dad! 12.55 The Cleveland Show 2.15 Teleshopping 5.45 ITV2 Nightscreen

Coronation Street 11.50 Take Me Out 1.00 Funniest

ITV3 SKY: 119 FV: 10

6.00 On the Buses 6.25 Wydiffe 7.20 Heartbeat 9.30

Inspector Morse 11.40 A Touch of Frost 1.55 Agatha Christie's Sparkling Cyanide 3.50 FILM: The Pure Hell of St Trinian's (1960) (U) 4.50 FYI Daily 4.55 FILM: The Pure Hell of St Trinian's (1960) (U) 5.55 Doc Martin 8.00 The Booze Cruise 2: The Treasure Hunt 10.00 Agatha Christie's Marple 12.00 Wire in the Blood 2.50 May the Best House Win 4.35 On the Buses 5.25 Movies Now 5.35 ITV3 Nightscreen

BBC4 SKY: 116 FV: 9
7.00 BBC Proms 2016: Berlioz Romeo and Juliet 9.00
Generation '66 10.00 Cathy Come Home 11.20 Rich
Hall's Inventing the Indians 12.50 Yellowstone 1.50
Burma, My Father and the Forgotten Army 2.50
Generation '66 3.50 Close

E4 SKY: 136 FV: 28
6.00 Rude(ish) Tube 6.25 The Mindy Project 7.05 Baby Daddy 8.00 How I Met Your Mother 9.00 The Goldbergs 10.00 Hollyoaks 12.30 Coach Trip: Road to Ibiza 3.00 The Goldbergs 4.00 FILM: The Golden Compass (2007) (PG) Fantasy adventure, starring

Dakota Blue Richards and Nicole Kidman. 6.15
Rude(ish) Tube Shorts 6.30 The Big Bang Theory 10.00
Tattoo Fixers on Holiday 11.00 Rich Kids of Instagram
12.00 Gogglebox 1.05 Containment 2.10 Rude Tube
3.05 Rude(ish) Tube 3.30 Hollyoaks

MORE4 SKY: 138 FV: 14

8.55 River Cottage Bites 9.20 Jamie's 15 Minute Meals 9.45 Selling Houses with Amanda Lamb 10.50 Building the Dream 11.55 Come Dine with Me 2.40 Four in a Bed 5.20 Come Dine with Me 8.00 Amazing Spaces Shed of the Year 9.00 Father Ted 10.05 8 Out of 10 Cats Does Countdown 11.05 Spying on Hitler's Army: The Secret Recordings 12.15 Father Ted 1.20 8 Out of 10 Cats Does Countdown 2.25 Spying on Hitler's Army: The Secret Recordings 3.30 Close

FILM4 SKY: 315 FV: 15 11.00 The Death and Life of Charlie St Cloud (2010) (12) 1.00 Diary of a Wimpy Kid: Dog Days (2012) (U) 2.50 Bridge to Terabithia (2007) (PG) Drama, starring Josh Hutcherson. 4.45 We Bought a Zoo (2011) (PG) Fact-based comedy drama, starring Matt Damon. 7.15
Jingle All the Way (1996) (PG) Comedy, starring Arnold
Schwarzenegger. 9.00 Escape Plan (2013) (15) Prison
thriller, with Sylvester Stallone and Arnold
Schwarzenegger. 11.15 Law Abiding Citizen (2009)
(18) Thriller, starring Gerard Butler and Jamie Foxx.
1.25 Family Business (1989) (15) 3.45 Close
DAVE SKY: 111 FV: 12

7.10 Bush Pilots 8.00 Top Gear 11.00 Red Bull Soapbox Race 12.00 Traffic Cops 1.00 Caribbean Premier League T20 Cricket 5.00 Top Gear 7.00 Top Gear India Special 9.00 Have I Got a Bit More News for You 10.00 Suits 11.00 Parks and Recreation 12.00 Have I Got a Bit More News for You 1.00 Room 101 2.20 QI 2.50 Suits 3.35 Lizard Lick Towing 4.00 Close SKY1 SKY: 106

6.00 Hour of Power 7.00 Monkey Life 9.00 Futurama 11.00 WWE: Raw 12.00 Duck Quacks Don't Echo 1.00 Don't Tell the Bride 2.00 Four Weddings 3.00 Battle of the Brides 4.00 Modern Family 6.00 The Simpsons 8.00 The Last Ship 9.00 Zoo 10.00 Ross Kemp: Extreme World 11.00 Stop, Search, Seize 12.00 The Force: Manchester 1.00 Road Wars 2.00 Brit Cops: Law & Disorder 3.00 Nothing to Declare 4.00 Border Security: Canada's Front Line 5.00 Gordonstoun: A

Different Class SKY ATLANTIC SKY: 108

6.00 The Petrol Age 7.00 The West Wing 12.00 FILM: The Fall: Decker vs Budd (2016) 2.00 Without a Trace 6.00 Cold Case 9.00 Ray Donovan 10.10 Band of Brothers 12.45 FILM: Things to Do in Denver When You're Dead (1995) (18) 2.55 Curb Your Enthusiasm 4.10 The Petrol Age 5.05 The Making of David Attenborough's Natural History Museum Alive

W SKY: 109

6.10 Passport Patrol 9.10 My Dream Home 12.10
EastEnders 2.40 Doctor Who 6.40 Outnumbered 8.00
Beauty and the Beast 9.00 Sherlock 11.00 Traffic
Cops 12.00 Who Do You Think You Are? 1.00 Haunted
Collector 2.30 Passport Patrol 3.00 Home Shopping

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6.00 Breakfast (S) 9.15 Countryfile: The Summer Diaries (S) 10.00 Homes Under the Hammer (S)(R) 11.00 Wanted Down Under (S)(R) 11.45 Neighbourhood Blues (S) 12.15 Bargain Hunt (S) 1.00 BBC News at One; Weather (S) 1.30 BBC Regional News and Weather (S) 1.45 Red Rock (S) 2.25 Escape to the Country A couple looking for a property in West Sussex. (S)(R) 3.25 Garden Rescue (S) 4.10 Flog It! From De Montfort Hall in Leicester. (S)(R) 5.10 Pointless Celebrities (S)(R) 6.00 BBC News at Six; Weather (S) 6.30 BBC Regional News Programmes (S)

> 7.00 The One Show Hosted by Alex Jones and Matt Baker. (S) Rip Off Britain The team meets people plagued by nuisance telephone calls; (S) BBC News; Regional News (S)

> paranoid after the discovery she has an STI. (S) 8.30 Inside North Korea -Panorama Rupert Wingfield-Hayes reports on the secretive

> > state. (S)

8.00 EastEnders Whitney becomes

9.00 The Musketeers Grimaud declares war on the Musketeers and the battle takes them into the depths of Paris, where Athos's resolve is tested to the limit. Matthew McNulty stars. Last in the series. (S)

10.00 BBC News at Ten (S) 10.30 BBC Regional News and Weather (S) 10.45 Have I Got Old News for You David Tennant hosts, with guests Grayson Perry and

Katherine Ryan. (S)(R)

11.15 Have I Got a Bit More Old News for You Jo Brand hosts, with guests Kevin Bridges and Jacob Rees-Mogg. (S)(R)

AFTER 12.00 Weather for the Week Ahead (S) 12.05 BBC News (S)

BBC2



6.00 Fake Britain (S)(R) 6.45 Garden Rescue (S)(R) 7.30 The Hairy Builder (S)(R) 8.00 Sign Zone: An Island Parish (S)(R) 8.30 Sign Zone: Gardeners' World (S)(R) 9.00 Victoria Derbyshire (S) 11.00 BBC Newsroom Live (S) 12.00 FILM The Caine Mutiny (1954) (U) (S) 2.00 Coast (S)(R) 2.25 David Attenborough's Natural Curiosities (S)(R) 3.10 Animal Odd Couples Part one of two. Friendships between animals of different species. (S)(R) 4.10 Michael Palin's New Europe (S)(R) 5.10 Antiques Roadshow (S)(R) 6.00 Eggheads (S) 6.30 Blitz Cities (S)(R)

New Zealand: Earth's Mythical Islands Sam Neill explains how animals including hyperintelligent parrots and snails with teeth survive in New Zealand's wildest locales. (S)(R)

8.00 University Challenge Cambridge colleges Queens' and Peterhouse compete. (S)

8.30 Only Connect Three networkers take on a trio of cousins. (S)

9.00 The Somme 1916 - From Both Sides of the Wire Peter Barton examines the final months of the campaign. Last in the series.

10.00 Rhod Gilbert's Work Experience Rhod works at the UK's largest open cast mine in Merthyr Tydfil. Last in the series.

10.30 Newsnight (S)

11.00 Weather (S) 11.05 The Women's Football Show A look at the biggest issues in the women's game. (S) 11.35 Robot Wars (S)(R)

12.35 Sign Zone: Celebrity MasterChef (S)(R) 1.35 Full Steam Ahead (S)(R) 2.35 This Is BBC Two (S) ITV



6.00 Good Morning Britain (S) 8.30 Lorraine Entertainment and fashion news. (S) 9.25 The Jeremy Kyle Show (S)(R) 10.30 This Morning (S) 12.30 Loose Women (S) 1.30 ITV Lunchtime News; Weather (S) 1.55 ITV Regional News; Weather (S) 2.00 Judge Rinder Real-life cases in a studio courtroom. (S)(R) 3.00 Dickinson's Real Deal (S) 3.59 ITV Regional Weather (S) 4.00 Tipping Point Game show, hosted by Ben Shephard. (S)(R) 5.00 Cash Trapped New series. Quiz, hosted by Bradley Walsh. (S) 6.00 ITV Regional News; Weather (S) 6.30 ITV Evening News: Weather (S)

Emmerdale Ashley turns Gabby in to the police. (S)

Coronation Street The Platts ready themselves for Kylie's funeral. (S)

8.00 Wild France with Ray Mears Ray visits the Cevennes National Park. (S)

8.30 Coronation Street Todd confronts David at Kylie's graveside. (S)

Brief Encounters Dawn and Russell's wedding reception at the pub is eventful, with Terry storming out after an argument with Steph and the bride's father Len turning up unannounced. (S)

10.00 ITV News; Weather (S) 10.35 ITV Regional News; Weather (S) 10.45 Benidorm Martin wakes up in bed with Bianca. (S)(R)

11.45 Britain As Seen on ITV The story of how the nation has changed over the past 60 years. (S)(R)

12.10 Jackpot247 3.00 The Jeremy Kyle Show (S)(R) 3.55 ITV Nightscreen 5.05 The Jeremy Kyle Show (S)(R)

Channel 4

How Safe Is Your Car?: Channel 4 Dispatches,



6.15 3rd Rock from the Sun (S)(R) 7.30 Everybody Loves Raymond (S) (R) 8.30 Frasier (S)(R) 9.30 The Big Bang Theory (S)(R) 10.30 The Simpsons (S)(R) 11.30 Come Dine with Me (S)(R) 12.00 Channel 4 News (S) 12.05 Come Dine with Me (S)(R) 2.10 Fifteen to One General knowledge quiz. (S) 3.10 Countdown With David James in Dictionary Corner. (5) 4.00 The Question Jury Quiz show. (S) 5.00 Couples Come Dine with Me Three couples from Cheshire compete for the cash prize of £1,000. (S)(R) 6.00 The Simpsons (S)(R) 6.30 Hollyoaks (S)

7.00 Channel 4 News (S)

8.00 How Safe Is Your Car?: Channel 4 Dispatches A report on whether manufacturers and testers can be trusted with car safety. (S)

8.30 Superfoods: The Real Story (S)

9.00 Eden Jack feels that some of the group are not working hard enough so he and some others decide to strike out and start building their own cabins and rumours of a split cause tension.

10.00 Naked Attraction A DJ and a former ballet dancer take part, choosing a date from a selection of six naked people, who will be revealed to them one body part at a time. Anna Richardson hosts. (S)

11.05 Tattoo Fixers on Holiday New series. Sketch, Alice and Jay take their tattoo cover-up operation abroad. (S)

12.10 Bodyshockers: Nips, Tucks and Tattoos (S)(R) 1.05 The Three Day Nanny (S)(R) 2.00 One Born: What Happened Next? (S)(R) 2.55 Grand Designs Australia (S) 3.50 Kirstie's Vintage Gems (S)(R)

Channel 5

Police Interceptors Unleashed,



6.00 Milkshake! 9.15 The Wright Stuff Debate on issues of the day. 11.15 To B&B the Best (S) 12.10 5 News Lunchtime (S) 12.15 Celebrity Big Brother The ups and downs of BB life. (R) 1.15 Home and Away (S) 1.45 Neighbours (S) 2.20 NCIS Part one of two. A US Navy lieutenant dies after a fight. (S)(R) 3.15 FILM Secrets in the Attic (2016) (PG) Premiere. Thriller, starring Abbie Cobb and Max Lloyd-Jones. (S) 5.00 5 News at 5 (S) 5.30 Neighbours Paige finds an outlet for her frustration. (S)(R) 6.00 Home and Away Alf has a heart attack. (S)(R) 6.30 5 News Tonight (S)

7.00 FIA World Rally Championship Highlights The Rally Finland; (S) 5 News Update (S)

8.00 Police Interceptors Unleashed Police pursue à burglar in Lincolnshire, and a roadside stop results in a huge bag of cannabis being discovered; (S) (R) 5 News Update (S)

9.00 Celebrity Big Brother Marcus Bentley narrates as the famous housemates lie in their beds, chat on the sofas and argue in the kitchen - all for the enjoyment of the viewing public.

10.00 No Fatties Allowed The documentary exploring obesity from several different perspectives meets people who deal with abuse about their size on a daily basis - as well as those who dish it out. (S)(R)

11.05 Celebrity Big Brother's Bit on the Side Rylan Clark-Neal presents the CBB companion show. (S)

12.05 Can't Pay? We'll Take It Away: Busted (S)(R) 1.00 SuperCasino 3.10 Person of Interest (S)(R) 3.55 Now That's Funny! (S)(R) 4.45 Great Scientists (S)(R) 5.10 House Doctor (S) (R) 5.35 House Doctor (S)(R)

ITV2 SKY: 118 FV: 6

7.10 The Ellen DeGeneres Show 8.00 Emmerdale 8.30 Coronation Street 9.30 Psych 10.20 Royal Pains 11.15 Dinner Date 12.15 Emmerdale 12.45 Coronation Street. 1.45 The Ellen DeGeneres Show 2.35 The Jeremy Kyle Show 5.50 Take Me Out 7.00 You've Been Framed! Gold 8.00 Two and a Half Men 9.00 Family Guy 9.30 Bordertown 10.00 Family Guy 10.30 American Dad! 11.30 The Cleveland Show 12.25 Two and a Half Men 1.20 The Vampire Diaries 2.10 Meghan Trainor: The Hot Desk 2.20 Teleshopping 5.50 ITV2 Nightscreen

ITV3 SKY: 119 FV: 10 6.25 Heartbeat 7.25 Where the Heart Is 8.25 The Royal 9.30 Judge Judy 10.55 Murder, She Wrote 11.55 Love Your Garden 1.00 Heartbeat 2.00 The Royal 3.05 Where the Heart Is 4.15 Doctor in the House 4.50 Rising Damp 5.20 Man About the House 5.50 Heartbeat 6.55 Murder, She Wrote 8.00 Rosemary & Thyme 9.00 Charles: The Destiny of a Prince 10.00 Law & Order: UK 11.00 Liverpool 1 12.15 Blue Murder 1.10 Marchlands

BBC4 SKY: 116 FV: 9

7.00 World News Today; Weather 7.30 The Wonder of Animals 8.00 Roy Orbison: One of the Lonely Ones 9.00 The Girl from Ipanema: Brazil, Bossa Nova and the Beach 10.00 The Real White Queen and Her Rivals 11.00 Calculating Ada: The Countess of Computing 12.00 A History of Art in Three Colours 1.00 The Story of Music Hall with Michael Grade 2.30 Rude Britannia 3.30 Close E4 SKY: 136 FV: 28

6.00 Hollyoaks 6.25 Coach Trip: Road to Ibiza 6.50 Melissa & Joey 7.15 How I Met Your Mother 8.05 Rules of Engagement 9.05 The Goldbergs 10.00 Baby Daddy 11.00 Charmed 1.00 How I Met Your Mother 2.00 The Big Bang Theory 3.00 Baby Daddy 4.00 Melissa & Joey 5.00 The Goldbergs 6.00 The Big Bang Theory 7.00 Hollyoaks 7.30 Coach Trip: Road to Ibiza 8.00 The Big Bang Theory 9.00 Made in Chelsea: South of France 10.00 Rich Kids of Instagram 11.00 The Big Bang Theory 12.00 Gogglebox 1.10 First Dates 2.05 Made in Chelsea: South of France 3.00 Rich Kids of Instagram

MORE4 SKY: 138 FV: 14

8.55 Kirstie's Fill Your House for Free 9.25 A Place in the Sun: Winter Sun 10.25 FILM: The Devil at Four O'Clock (1961) (PG) 12.55 Searching for Shakespeare's House: A Time Team Special 2.00 Time Team Special: Rediscovering Ancient Britain 3.05 A Place in the Sun: Winter Sun 5.15 Four in a Bed 7.55 Grand Designs 9.00 The Secret Life of 4 Year Olds 10.00 16 Kilds and Counting 11.05 24 Hours in A&E 12.10 Ramsay's Kitchen Nightmares USA 1.15 The Secret Life of 4 Year Olds 2.15 16 Kids and Counting 3.20 Kirstie's Fill Your House for Free 3.35 Close

FILM4 SKY: 315 FV: 15

11.00 Mysterious Island (1961) (PG) 1.05 The Dark Crystal (1982) (PG) 2.55 Judy Moody and the Not Bummer Summer (2011) (PG) 4.45 Night at the Museum: Battle of the Smithsonian (2009) (PG) 6.50 Footloose (1984) (15) 9.00 Commando (1985) (18) 10.50 Aliens: Special Edition (1986) (18) 1.50 Red Sorghum (1987) (15) 3.45 Close

DAVE SKY: 111 FV: 12

7.00 The Indestructibles 7.20 Scrapheap Challenge 8.10 The Best of Top Gear 9.00 Lizard Lick Towing 10.00 American Pickers 11.00 Storage Hunters UK 12.00 The Best of Top Gear 1.00 Caribbean Premier League T20 Cricket 5.00 The Best of Top Gear 6.00 The Best of Top Gear 7.00 American Pickers 8.00 Room 101 9.20 QI 10.00 QI XL 11.00 Room 101 12.20 QI 1.00 QI XL 2.00 Alan Davies: As Yet Untitled 3.00 Never Mind the Buzzcocks 4.00 Close

SKY1 SKY: 106

6.00 Supergirl 7.00 The Flash 9.00 Futurama 10.00 Ninja Warrior 10.30 Ninja Warrior Women Tournament 11.00 NCIS: Los Angeles 12.00 Hawaii Five-0 1.00 Supergirl 2.00 The Flash 4.00 Modern Family 5.00 The Simpsons 5.30 Futurama 6.30 The Simpsons 8.00 David Attenborough's Conquest of the Skies 9.00 FILM: The Rock (1996) (15) 11.40 A League of Their Own: Unseen 12.10 NCIS: Los Angeles 1.05 Hawaii Five-0 2.00 Forever 3.00 Arrow 4.00 Brit Cops: War on Crime

SKY ATLANTIC SKY: 108

6.00 Fish Town 7.00 Urban Secrets 8.00 Cold Case 10.00 The West Wing 11.00 House 12.00 Without a Trace 1.00 Blue Bloods 2.00 Richard E Grant's Hotel Secrets 3.00 Cold Case 5.00 The West Wing 6.00 House 7.00 Without a Trace 8.00 Blue Bloods 9.00 Ray Donovan 10.10 Last Week Tonight with John Oliver 10.45 Vice Principals 11.20 Ballers 11.55 Ray Donovan 1.05 The Sopranos 2.25 Curb Your Enthusiasm 3.05 Cold Case W SKY: 109

6.05 DIY SOS 6.30 MasterChef Australia: The Professionals 8.00 Extreme Makeover: Home Edition 9.00 My Dream Home 10.00 The Bill 11.00 Tipping Point 1.00 Judge Faith 2.00 Traffic Cops 2.40 Extreme Makeover: Home Edition 3.40 My Dream Home 5.40 Tipping Point 6.40 Extreme Makeover: Home Edition 7.40 Celebrity MasterChef 9.00 John Bishop's Australia 10.00 EastEnders 10.40 Don't Tell the Bride 11.40 Russell Howard's Good News 12.40 EastEnders 1.15 Being Human USA 2.50 Dynamo: Top Ten Greatest Moments

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YOUR HOME MAY BE REPOSSESSED IF YOU DO NOT KEEP UP REPAYMENTS ONYOUR MORTGAGE.





Tuesday August 2nd

BBC₁

Pointless Celebrities, 5.10pm



6.00 Breakfast (S) 9.15 Countryfile: The Summer Diaries (S) 10.00 Homes Under the Hammer (S) 11.00 Wanted Down Under (S)(R) 11.45 Neighbourhood Blues (S) 12.15 Bargain Hunt (S)(R) 1.00 BBC News at One; Weather (S) 1.30 BBC Regional News and Weather (S) 1.45 Red Rock (S) 2.25 Escape to the Country A couple search for a home in rural Herefordshire. (S)(R) 3.25 Garden Rescue (S) 4.10 Flog It! From Longleat, Wiltshire. (S)(R) 5.10 Pointless Celebrities (S)(R) 6.00 BBC News at Six; Weather (S) 6.30 BBC Regional News and Weather (S)

7.00 The One Show Live chat and topical reports. (S)
 7.30 EastEnders Sharon helps Ian in the search for Ben; (S) BBC News; Regional News (S)

8.00 Holby City Still grieving for Arthur, Ric questions his surgical skill, when he faces losing another young man, and Oliver realises he needs to move on from his relationship with Zosia. (S)

9.00 The Living and the Dead After the terrible events of recent weeks, Nathan and Charlotte's marriage faces its greatest test yet. Supernatural period drama, starring Colin Morgan. Last in the series. (S)

10.00 BBC News at Ten (S) 10.30 BBC Regional News and Weather; (S) National Lottery Update (S)

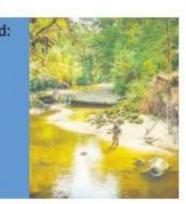
10.45 NYPD: Biggest Gang in New York? Documentary examining police brutality in America. (S)

11.30 FILM Blades of Glory (2007)
(12) Comedy, with Will Ferrell

and Jon Heder. (S)

AFTER 1.00 Weather for the Week Ahead (S) 1.05 BBC News (S) BBC₂

New Zealand: Earth's Mythical Islands, 9pm



6.00 Countryfile: The Summer
Diaries (S)(R) 6.45 Garden Rescue (S)
(R) 7.30 Neighbourhood Blues (S)(R)
8.00 Sign Zone: An Island Parish (S)
(R) 8.30 Sign Zone: The Hairy Builder
(S)(R) 9.00 Victoria Derbyshire (S)
11.00 BBC Newsroom Live (S) 12.00
[ILM] The Master of Ballantrae
(1953) (PG) (S) 1.25 Coast (S)(R) 2.25
David Attenborough's Natural
Curiosities (S)(R) 3.10 Animal Odd
Couples (S)(R) 4.10 Michael Palin's
New Europe (S)(R) 5.10 Antiques
Roadshow (S)(R) 6.00 Eggheads Quiz
show, hosted by Jeremy Vine. (S) 6.30
Blitz Cities (S)(R)

7.00 Great American Railroad Journeys Michael Portillo travels through Philadelphia, and pays tribute its most famous fictional son, Rocky Balboa, before finishing the latest leg of his journey in Gettysburg. (S)

8.00 Inside the Factory: Crisps
Gregg Wallace follows potatoes
from a Hampshire farm through
the world's largest crisp factory,
and Cherry Healey discovers the
secrets of those that are grown
to make crisps. (S)

9.00 New Zealand: Earth's Mythical Islands A caving expedition reveals relics of the nation's prehuman past. Against all odds, one giant bird from primeval times has survived. Narrated by Sam Neill. Last in the series. (S)

10.00 QI With Sarah Millican, Tommy Tiernan and Josh Widdicombe. (S)(R)

10.30 Newsnight (S)

11.00 Weather (S)
11.05 Dragons' Den The panel assess
the profit-making potential of
business plans for wearable

covers. (S)(R)

maps and keys for manhole

12.05 The Refugee Camp: Our Desert Home (S)(R) 1.05 Sign Zone: Celebrity MasterChef (S)(R) 2.35 The Somme 1916 – From Both Sides of the Wire (S) (R) 3.35 This Is BBC Two (S) ITV

Holiday Horrors: Caught on Camera, 90m



6.00 Good Morning Britain News, current affairs and lifestyle features (S) 8.30 Lorraine (S) 9.25 The Jeremy Kyle Show (S)(R) 10.30 This Morning (S) 12.30 Loose Women (S) 1.30 ITV Lunchtime News; Weather (S) 1.55 ITV Regional News; Weather (S) 2.00 Judge Rinder Real-life cases in a studio courtroom. (S)(R) 3.00 Dickinson's Real Deal (S) 3.59 ITV Regional Weather (S) 4.00 Tipping Point Game show, hosted by Ben Shephard. (S)(R) 5.00 Cash Trapped Quiz, hosted by Bradley Walsh. (S) 6.00 ITV Regional News; Weather (S) 6.30 ITV Evening News; Weather (S)

7.00 Emmerdale Cain makes a discovery that leads to Moira and Holly's secrets coming to light, and furiously issues his wife an ultimatum – either her daughter goes, or he does. (S)

8.00 Love Your Garden Alan
Titchmarsh and his team of
green-fingered experts head to
Durham to help a terminally ill
dad achieve the garden of his
dreams. Last in the series. (S)

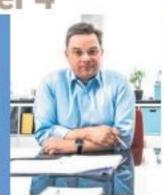
9.00 Holiday Horrors: Caught on Camera Jamie Theakston narrates more footage sharing the experiences of Brits abroad, including airline passengers preparing for an emergency landing. (S)

10.00 ITV News; Weather (S)
10.30 ITV Regional News; Weather (S)
10.40 Tom Daley: Diving for Gold A
profile of the diver. (S)(R)

11.40 Murder, She Wrote The discovery of a body in Jessica's garage leads to all manner of accusations, prompting her to embark on a determined quest to unmask the killer. (S)(R)

12.40 Jackpot247 3.00 Loose Women (S)(R) 3.50 ITV Nightscreen 5.05 The Jeremy Kyle Show (S)(R) **Channel 4**

The Job Interview,



6.15 3rd Rock from the Sun (S)(R) 7.30 Everybody Loves Raymond (S) (R) 8.30 Frasier (S)(R) 9.30 The Big Bang Theory (S)(R) 10.30 The Simpsons (S)(R) 11.30 Come Dine with Me (S)(R) 12.00 Channel 4 News (S) 12.05 Come Dine with Me (S)(R) 2.10 Fifteen to One General knowledge quiz. (S) 3.10 Countdown With Gyles Brandreth in Dictionary Corner. (S) 4.00 The Question Jury Quiz show. (S) 5.00 Couples Come Dine with Me Three Jersey couples compete for the cash prize of £1,000. (S)(R) 6.00 The Simpsons (S)(R) 6.30 Hollyoaks (S)

7.00 Channel 4 News (S)

8.00 Child Genius: The Final Richard Osman tests the five finalists as they chase the coveted trophy, with topics ranging from spiders that mimic insects to Russian ballet. Last in the series. (S)

follow interviewees as they apply for jobs with Londonbased waste disposal company O'Donovan and Knightsbridgebased party planners Snapdragon. (S)

9.00 The Job Interview Cameras

10.00 Celebrity First Dates Sian Lloyd, Daniel Brocklebank, Jess Woodley and Musharaf Asghar go in search of romance with members of the public. (S)(R)

11.05 Ramsay's Hotel Hell Gordon Ramsay helps a struggling hotel and restaurant in Washington. (S)(R)

12.00 Eden (S)(R) 1.00 KOTV Boxing Weekly (S) 1.25 Motor Sport: 2016 FIA World Endurance Championship (S)(R) 1.55 Motor Sport: Mini Challenge (S) (R) 2.20 Swansea Triathlon (S)(R) 2.50 Gillette World Sport (S)(R) **Channel 5**

The Dog Rescuers with Alan Davies,



6.00 Milkshake! 9.15 The Wright Stuff 11.15 To B&B the Best (S) 12.10 5 News Lunchtime (S) 12.15 Celebrity Big Brother (S)(R) 1.15 Home and Away (S) 1.45 Neighbours (S) 2.15 NCIS (S)(R) 3.15 FILM Death Al Dente: the Gourmet Detective (2015) (PG) Premiere. Henry Roth is hired to find the best chef for a new eatery. However, murder appears on the menu and the body count begins to rise. Crime thriller, with Dylan Neal. (S) 5.00 5 News at 5 (S) 5.30 Neighbours Paige reveals her secret tryst with Tyler. (S)(R) 6.00 Home and Away (S)(R) 6.30 5 News Tonight (S)

7.00 Police Interceptors An officer gets lucky when a car thief crosses paths with him; (S)(R) 5 News Update (S)

8.00 The Dog Rescuers with Alan Davies The team intervenes with three adult mastiffs and nine puppies all reported to be underweight; (S) 5 News Update (S)

9.00 Celebrity Big Brother A chance to catch up with the latest action as the celebrity contestants continue to get to know each other – for better or worse. (S)

10.00 Borderline New series. Spoof documentary about the UK Border Force. (S)

10.30 Impractical Jokers UK New series. Four friends compete in a series of challenges. (S)

11.00 Celebrity Big Brother's Bit on the Side Rylan Clark-Neal presents the CBB companion show. (S)

12.05 Celebrity Big Brother: Live from the House 12.30 SuperCasino 3.10 Person of Interest (S)(R) 3.55 Now That's Funny! (S)(R) 4.45 HouseBusters (S)(R) 5.10 House Doctor (S)(R) 5.35 House Doctor (S)(R)

ITV2 SKY: 118 FV: 6

6.00 Planet's Funniest Animals 6.20 Dinner Date 7.10
The Ellen DeGeneres Show 8.00 Emmerdale 8.30
Coronation Street 9.30 Psych 10.20 Royal Pains 11.15
Dinner Date 12.15 Emmerdale 12.45 Coronation
Street 1.45 The Ellen DeGeneres Show 2.35 The
Jeremy Kyle Show 5.50 Take Me Out 7.00 You've Been
Framed! Gold 8.00 Two and a Half Men 9.00 Mom
10.00 Celebrity Juice 10.50 Family Guy 11.45
American Dad! 12.45 Two and a Half Men 1.40 Mom
2.25 Teleshopping 5.55 ITV2 Nightscreen

ITV3 SKY: 119 FV: 10
6.00 Doctor in the House 6.25 Heartbeat 7.25 Where the Heart Is 8.25 The Royal 9.30 Judge Judy 10.55 Murder, She Wrote 11.55 Love Your Garden 1.00 Heartbeat 2.00 The Royal 3.05 Where the Heart Is 4.15 Doctor in the House 4.50 Rising Damp 5.20 Man About the House 5.50 Heartbeat 6.55 Murder, She Wrote 8.00 Midsomer Murders 10.00 Law & Order: UK 11.00 Wire in the Blood 12.35 Inspector Morse

BBC4 SKY: 116 FV: 9

7.00 World News Today; Weather 7.30 The Wonder of Animals 8.00 Sacred Wonders of Britain 9.00 Britain's Pompeii: A Village Lost in Time 10.00 The Bermuda Triangle: Beneath the Waves 11.00 Fossil Wonderlands: Nature's Hidden Treasures 12.00 Sacred Wonders of Britain 1.00 A History of Art in Three Colours 2.00 The Bermuda Triangle: Beneath the Waves 3.00 Britain's Pompeii: A Village Lost in Time E4 SKY: 136 FV: 28

6.00 Hollyoaks 6.25 Coach Trip: Road to Ibiza 6.50 Melissa & Joey 7.10 How I Met Your Mother 8.05 Rules of Engagement 9.00 The Goldbergs 10.00 Baby Daddy 11.00 Charmed 1.00 How I Met Your Mother 2.00 The Big Bang Theory 3.00 Baby Daddy 4.00 Melissa & Joey 5.00 The Goldbergs 6.00 The Big Bang Theory 7.00 Hollyoaks 7.30 Coach Trip: Road to Ibiza 8.00 2 Broke Girls 9.00 Tattoo Fixers on Holiday 10.00 Wasted 10.35 The Inbetweeners 11.00 The Big Bang Theory 12.00 Gogglebox 1.00 Rude Tube 2.05 Tattoo Fixers

on Holiday 3.00 Wasted 3.25 The Inbetweeners 3.50 New Girl 4.10 Rules of Engagement 4.55 Charmed MORE4 SKY: 138 FV: 14

8.55 Jamie's 15 Minute Meals 9.35 A Place in the Sun: Winter Sun 10.35 Food Unwrapped 11.10 FILM: Sword of Sherwood Forest (1960) (U) 12.55 D-Day: A Time Team Special 2.00 Time Team Special: Life on the Edge – 1000 BC 3.05 A Place in the Sun: Winter Sun 5.15 Four in a Bed 7.55 Grand Designs 9.00 Craft: I Made This 10.00 Obsessive Compulsive Cleaners 11.05 24 Hours in A&E 12.10 Ramsay's Kitchen Nightmares USA 1.10 Craft: I Made This 2.15 Obsessive Compulsive Cleaners

FILM4 SKY: 315 FV: 15

11.00 Rat Race (2001) (12) 1.20 Swiss Family Robinson (1960) (U) 4.00 The Chronicles of Namia: The Voyage of the Dawn Treader (2010) (PG) 6.20 The Core (2003) (12) 9.00 Knight and Day (2010) (12) 11.10 Conan the Barbarian (1982) (15) 1.45 Splice (2009) (15) 3.55 Close DAVE SKY: 111 FV: 12

7.00 The Indestructibles 7.20 Scrapheap Challenge 8.10 The Best of Top Gear 9.00 Lizard Lick Towing 10.00 American Pickers 11.00 Storage Hunters UK 12.00 The Best of Top Gear 1.00 Lizard Lick Towing 2.00 American Pickers 3.00 American Pickers 4.00 American Pickers 5.00 The Best of Top Gear 6.00 The Best of Top Gear 7.00 American Pickers 8.00 Room 101 9.20 Qt 10.00 Taskmaster 11.00 Room 101 12.20 Qt 1.00 Qt XL 2.00 Taskmaster

SKY1 SKY: 106

6.00 Supergirl 7.00 The Flash 9.00 Futurama 10.00 Ninja Warrior Women Tournament 11.00 NCIS: Los Angeles 12.00 Hawaii Five-0 1.00 Supergirl 2.00 The Flash 4.00 Modern Family 5.00 The Simpsons 5.30 Futurama 6.30 The Simpsons 8.00 Stop, Search, Seize 9.00 Bradley Wiggins: The Road to Rio 10.00 Don't Tell the Bride 11.00 A League of Their Own: Unseen 12.00 NCIS: Los Angeles 1.00 Hawaii Five-0 2.00 Forever 3.00 Arrow 4.00 Brit Cops: War on Crime

SKY ATLANTIC SKY: 108

6.00 Fish Town 7.00 Urban Secrets 8.00 Cold Case
10.00 The West Wing 11.00 House 12.00 Without a
Trace 1.00 Blue Bloods 2.00 Richard E Grant's Hotel
Secrets 3.00 Cold Case 5.00 The West Wing 6.00
House 7.00 Without a Trace 8.00 Blue Bloods 9.00
Ballers 9.35 Vice Principals 10.15 FILM: Looking: The
Movie (2016) 12.00 Ballers 12.35 Vice Principals 1.15
The Sopranos 2.20 Curb Your Enthusiasm 3.00 House
W SKY: 109

6.10 DIY SOS: Children in Need Special 7.00
MasterChef Australia: The Professionals 8.00 Extreme
Makeover: Home Edition 9.00 My Dream Home 10.00
The Bill 11.00 Tipping Point 1.00 Judge Faith 2.00
Extreme Makeover: Home Edition 3.00 My Dream
Home 5.00 Tipping Point 6.00 Extreme Makeover:
Home Edition 7.00 Celebrity MasterChef 9.00 One
Born Every Minute 10.00 EastEnders 10.40 Don't Tell
the Bride 11.40 Russell Howard's Good News 12.40
EastEnders 1.15 Being Human USA

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BBC1

Eat Well for Less? 8pm



6.00 Breakfast (S) 9.15 Countryfile: The Summer Diaries (S) 10.00 Homes Under the Hammer (S)(R) 11.00 Wanted Down Under (S)(R) 11.45 Neighbourhood Blues (S) 12.15 Bargain Hunt (S)(R) 1.00 BBC News at One; Weather (S) 1.30 BBC Regional News and Weather (S) 1.45 Red Rock (S) 2.25 Escape to the Country A couple search for a home in the Oxfordshire countryside. (S) 3.25 Garden Rescue (S) 4.10 Flog It! (S)(R) 5.10 Pointless Celebrities Quiz show. (S)(R) 6.00 BBC News at Six; Weather (S) 6.30 BBC Regional News Programmes (S)

7.00 The One Show Matt Baker and Alex Jones present the live magazine show featuring topical reports from around the UK and big-name studio guests; (S) BBC News; Regional News (S)

8.00 Eat Well for Less? Gregg Wallace and Chris Bavin are in Hampshire to help the Haynes family, whose conflicting tastes mean they are eating different meals. Last in the series. (S)

Saving Lives at Sea As millions of people flock to the UK's coastline during the busy summer months, the RNLI volunteers contend with situations including sailors caught in a storm. (S)

10.00 BBC News at Ten (S) 10.30 BBC Regional News and Weather; (S) National Lottery Update (S)

10.45 A Question of Sport The best moments from the series. (S)

11.15 FILM In the Electric Mist (2009) (15) Mystery, with Tommy Lee Jones and John Goodman. (S)

AFTER 1.05 Weather for the Week Ahead (S) 1.10 BBC News (S)

BBC₂



6.00 Countryfile: The Summer Diaries (S)(R) 6.45 Garden Rescue (S) (R) 7.30 Neighbourhood Blues (S)(R) 8.00 Sign Zone: See Hear (S)(R) 8.30 Sign Zone: The Hairy Builder (S)(R) 9.00 Victoria Derbyshire (S) 11.00 BBC Newsroom Live (S) 12.00 FILM The Deadly Companions (1961) (PG) (S) 1.30 Coast (S)(R) 2.10 Nature's Weirdest Events A town brought to a standstill by a swarm of insects. (S)(R) 3.10 Animals in Love (S)(R) 4.10 Brazil with Michael Palin (S)(R) 5.10 Antiques Roadshow (S)(R) 6.00 Eggheads Quiz show. (S) 6.30 Blitz Cities (S)(R)

7.00 Great American Railroad Journeys Michael Portillo reaches the boundary between the northern and southern states - the Mason-Dixon line.

8.00 The £100K House: The Final Fix Piers Taylor revisits Wajid and Anam, who have hit a problem as they near the completion of their ambitious home. (S)

9.00 Versailles The traitor strikes in the palace prison, while Henriette has a rocky reunion with her brother, Charles II of England. Elsewhere, Beatrice risks a rendezvous with Marchal; (S) Inside Versailles. (S)

10.00 Boy Meets Girl Judy's hen night is hijacked by a petty row. (S) 10.30 Newsnight; (S) Weather (S)

11.05 People Just Do Nothing Chabuddy G prepares for his latest business venture. (S) 11.35 Inside the Factory: Crisps (S)(R)

12.35 Sign Zone: See Hear (S)(R) 1.05 Saving Lives at Sea (S)(R) 2.05 Horizon: Sports Doping - Winning at Any Cost? (S)(R) 3.05 This Is BBC Two (S)

ITV



6.00 Good Morning Britain (S) 8.30 Lorraine (S) 9.25 The Jeremy Kyle Show (S)(R) 10.30 This Morning (S) 12.30 Loose Women (S) 1.30 ITV Lunchtime News; Weather (S) 1.55 ITV Regional News; Weather (S) 2.00 Judge Rinder (S)(R) 3.00 Dickinson's Real Deal Simon Schneider gets excited about a horse tobacco box. (S) 3.59 ITV Regional Weather (S) 4.00 Tipping Point Game show, hosted by Ben Shephard. (S)(R) 5.00 Cash Trapped Quiz, hosted by Bradley Walsh. (S) 6.00 ITV Regional News; Weather (S) 6.30 ITV Evening News; Weather (S)

Emmerdale Chas learns that 7.00 Moira may have HIV. (S) Coronation Street Sarah implores Todd to bury the truth.

8.00 Wild Animal Reunions Animal keepers and caregivers are reunited with their charges in the wild, including a woman who kisses sharks, and a surrogate mother to 300 monkeys. (S)

9.00 Long Lost Family A 70-year-old wants to find the daughter she gave up for adoption in 1968 when suffering with depression, while a woman looks for the mother that abandoned her at the age of three. (S)

10.00 ITV News; Weather (S) 10.30 ITV Regional News; Weather (S) 10.40 Holiday Horrors: Caught on Camera Jamie Theakston narrates more footage sharing the experiences of Brits abroad. (S)(R)

11.40 Murder, She Wrote A book club promotion turns nasty. (S)(R)

12.35 Jackpot247 3.00 Murder, She Wrote (S)(R) 3.50 ITV Nightscreen 5.05 The Jeremy Kyle Show (S)(R)

Channel 4

The Three Day Nanny,



6.15 3rd Rock from the Sun (S)(R) 7.30 Everybody Loves Raymond (S) (R) 8.30 Frasier (S)(R) 9.30 The Big Bang Theory (S)(R) 10.30 The Simpsons (S)(R) 11.30 Come Dine with Me (S)(R) 12.00 Channel 4 News (S) 12.05 Come Dine with Me (S)(R) 2.10 Fifteen to One General knowledge quiz. (S) 3.10 Countdown With Dictionary Corner guest Gyles Brandreth. (S) 4.00 The Question Jury Quiz show. (S) 5.00 Couples Come Dine with Me Three couples from Hull compete for the cash prize of £1,000. (S)(R) 6.00 The Simpsons Homer goes to prison. (S)(R) 6.30 Hollyoaks (S)

7.00 Channel 4 News (S)

8.00 The Three Day Nanny Kathryn Mewes meets the Smith family in Stockton-on-Tees, where she attempts to ban smacking and restore order in a house where communication has broken down and chaos rules. (S)

9.00 Gogglebox: Brexit Special The armchair critics share their opinions on the events that have unfolded since Britain's decision to leave the European Union, including the appointment of the new Prime Minister. (S)

10.00 Man Down Dan must negotiate the complicated issue of a visa.

10.30 A Granny's Guide to the Modern World New series. An outsider's perspective of life in 2016. (S)

11.05 999: What's Your Emergency? The care and support of people with mental health issues. (S)(R)

12.05 Music on 4: Live from Abbey Road Classics (S) 12.30 FILM The Accused (1988) (18) (S) 2.20 Double Your House for Half the Money (S)(R) 3.15 Phil: Secret Agent Down Under (S)(R) 4.10 Fifteen to One (S)(R)

Channel 5

Cricket on 5,



6.00 Milkshake! 9.15 The Wright Stuff Topical talk show. 11.15 To B&B the Best (S) 12.10 5 News Lunchtime (S) 12.15 Celebrity Big Brother (S)(R) 1.15 Home and Away (S) 1.45 Neighbours (S) 2.15 NCIS: Los Angeles Callen assumes an old alias to investigate the death of a taxi driver. (S)(R) 3.15 FILM Stolen Daughter (2015) (PG) Crime drama, starring Andrea Roth. (S) 5.00 5 News at 5 (S) 5.30 Neighbours Sonya resolves to go ahead with her plan. (S)(R) 6.00 Home and Away Doctors warn Alf he may never fully recover. (S)(R) 6.30 5 News Tonight (S)

7.00 Cricket on 5 England v Pakistan. Mark Nicholas presents action from the opening day of the Third Test in the four-match series, which took place at Edgbaston; (S) 5 News Update

8.00 GPs: Behind Closed Doors Dr Chris Pearce is consulted by a woman who had an accident on the Underground.; (S) 5 News Update (S)

9.00 Celebrity Big Brother Highlights of the famous housemates' past 24 hours under the all-seeing eye of Big Brother. (S)

10.00 Suspects: The Enemy Within New series. DS Charlie Steele must keep DS Jack Weston under control as they investigate the murder of a detective inspector, who has been shot dead in her bed. (S)

11.00 Celebrity Big Brother's Bit on the Side Rylan Clark-Neal presents the CBB companion show, including celebrity guests' thoughts on the latest developments and behind-thescenes insights. (S)

12.05 On Benefits: Life on the Dole (S)(R) 12.55 SuperCasino 3.10 Secrets of Underground Britain (S)(R) 3.55 Now That's Funny! (S)(R) 4.45 HouseBusters (S)(R) 5.10 House Doctor (S)(R) 5.35 House Doctor (S)(R)

ITV2 SKY: 118 FV: 6

6.00 Planet's Funniest Animals 6.20 Dinner Date 7.10 The Ellen DeGeneres Show 8.00 Emmerdale 9.00 You've Been Framed! Gold 9.30 Psych 10.20 Royal Pains 11.15 Dinner Date 12.15 Emmerdale 1.15 You've Been Framed! Gold 1.45 The Ellen DeGeneres Show 2.35 The Jeremy Kyle Show 5.50 Take Me Out 7.00 You've Been Framed! Gold 8.00 Two and a Half Men 9.00 Hell's Kitchen 10.00 The Vampire Diaries 10.55 Family Guy 11.55 American Dad! 12.50 Two and a Half Men 1.20 Hell's Kitchen 2.10 Mark Ronson: The Hot Desk ITV3 SKY: 119 FV: 10

6.00 Doctor in the House 6.25 Heartbeat 7.25 Where the Heart Is 8.30 The Royal 9.30 Judge Judy 10.55 Murder, She Wrote 11.55 Love Your Garden 1.00 Heartbeat 2.00 The Royal 3.05 Where the Heart Is 4.10 Doctor in the House 4.50 Rising Damp 5.15 Man About the House 5.50 Heartbeat 6.55 Murder, She Wrote 7.55 Agatha Christie's Marple 10.00 Law & Order: UK 11.00 Wire in the Blood 12.35 Inspector Morse 2.30 Teleshopping

BBC4 SKY: 116 FV: 9

7.00 World News Today; Weather 7.30 Elsa the Lioness 8.00 Yellowstone 9.00 Masters of the Pacific Coast: The Tribes of The American Northwest 10.00 Britain's Pompeii: A Village Lost in Time 11.00 The Horizon Guide to Mars 12.00 The Real White Queen and Her Rivals 1.00 Timeshift: The Ladybird Books Story - The Bugs That Got Britain Reading 2.00 Calculating Ada: The Countess of Computing 3.00 Masters of the Pacific Coast: The Tribes of The American Northwest 4.00 Close E4 SKY: 136 FV: 28

6.00 Hollycaks 6.25 Coach Trip: Road to Ibiza 6.50 Melissa & Joev 7.10 How I Met Your Mother 8.05 Rules of

Engagement 9.00 The Goldbergs 10.00 Baby Daddy 11.00 Charmed 1.00 How I Met Your Mother 2.00 The Big Bang Theory 3.00 Baby Daddy 4.00 Melissa & Joey 5.00 The Goldbergs 6.00 The Big Bang Theory 7.00 Hollyoaks 7.30 Coach Trip: Road to Ibiza 8.00 Jane the Virgin 9.00 Containment 10.00 Supernatural 11.00 The Big Bang Theory 12.00 Gogglebox 1.00 First Dates 2.05 Rude Tube 2.30 Containment 3.15 Supernatural 4.00 Rules of Engagement 4.40 Charmed

MORE4 SKY: 138 FV: 14

8.55 Jamie's 15 Minute Meals 9.35 A Place in the Sun: Winter Sun 10.30 River Cottage Bites 10.50 FILM: The 39 Steps (1959) 12.55 Time Team Special - The King of Bling 2.00 Time Team 3.05 A Place in the Sun: Winter Sun 5.15 Four in a Bed 7.55 Grand Designs 9.00 Selling Houses with Amanda Lamb 10.00 24 Hours in A&E 11.05 Bodyshockers: Nips, Tucks and Tattoos 12.10 Ramsay's Kitchen Nightmares USA 1.15 Selling Houses with Amanda Lamb 2.15 Bodyshockers: Nips, Tucks and Tattoos 3.25 Hugh's 3 Good Things: Best Bites 3.35 Close FILM4 SKY: 315 FV: 15

11.00 Magic in the Water (1995) (PG) 1.05 Voyage to the Bottom of the Sea (1961) (U) 3.10 Diary of a Wimpy Kid: Dog Days (2012) (U) 5.00 Cheaper By the Dozen (2003) (PG) 6.55 The Tourist (2010) (12) 9.00 Paul (2011) (15) 11.05 The Running Man (1987) (18) 1.05 The Girl with the Dragon Tattoo (2009) (18) 4.00 Close

DAVE SKY: 111 FV: 12

7.00 The Indestructibles 7.20 Scrapheap Challenge 8.10 Top Gear 9.00 Lizard Lick Towing 10.00 American Pickers 11.00 Storage Hunters UK 12.00 Top Gear 1.00 Lizard Lick Towing 2.00 American Pickers 3.00 American Pickers 4.00 American Pickers 5.00 Top Gear 7.00 American Pickers 8.00 Room 101 9.20 QI 10.00 QI XL 11.00 Would I Lie to You? 12.20 QI 1.00 QI XL 2.00 Alan Davies: As Yet Untitled 3.00 Never Mind the Buzzcocks 4.00

SKY1 SKY: 106

6.00 Supergirl 7.00 The Flash 9.00 Futurama 10.00 Ninja Warrior Women Tournament 11.00 NCIS: Los Angeles 12.00 Hawaii Five-0 1.00 Supergirl 2.00 The Flash 4.00 Modern Family 5.00 The Simpsons 5.30 Futurama 6.30 The Simpsons 8.00 Don't Tell the Bride 9.00 Karl Pilkington: The Moaning of Life 10.00 Ross Kemp: Extreme World 11.00 A League of Their Own 12.00 NCIS: Los Angeles 1.00 Hawaii Five-0 2.00 Forever 3.00 Arrow 4.00 Brit Cops: War on Crime r

SKY ATLANTIC SKY: 108

6.00 Fish Town 7.00 Urban Secrets 8.00 Cold Case 10.00 The West Wing 11.00 House 12.00 Without a Trace 1.00 Blue Bloods 2.00 Richard E Grant's Hotel Secrets 3.00 Cold Case 5.00 The West Wing 6.00 House 7.00 Without a Trace 8.00 Blue Bloods 9.00 Game of Thrones 11.25 Dexter 12.30 The Sopranos 1.30 Curb Your Enthusiasm 3.15 Cold Case 4.05 Fish Town W SKY: 109

6.00 Dynamo: Top Ten Greatest Moments 6.10 DIY SOS: Million Pound Build for Children in Need 2013 7.00 MasterChef Australia: The Professionals 8.00 Extreme Makeover: Home Edition 9.00 My Dream Home 10.00 The Bill 11.00 Tipping Point 1.00 Judge Faith 2.00 Traffic Cops 2.40 Extreme Makeover: Home Edition 3.40 My Dream Home 5.40 Tipping Point 6.40 Extreme Makeover: Home Edition 7.40 Celebrity MasterChef 9.00 In the Club 10.05 FILM: The Truth About Cats and Dogs (1995) (15) 12.05 Derren Brown: The Heist 1.05 Being Human USA 2.36 Dynamo: Live at the O2 3.00 Home Shopping

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Covers band gig

LIVE MUSIC: Wallingford-based covers band Midnight Jungle will be performing at the Town Arms in Wallingford on Saturday, July 30.

The four-piece band is a Red Hot Chili Peppers tribute group and will perform numbers from their 11 studio albums.

The free gig starts at 9pm.

Night of laughs

COMEDY: Four comedians will be setting the audience chuckling at the Glee Club in Oxford on Saturday, July 30.

Andrew Ryan, Paul Tonkinson, Andy Robinson and another comic who has not been named yet will arrive at the Hythe Bridge Street venue for the club's weekly entertainment bill.

Suitable for over-18s, tickets cost £14.50. Doors open at 7.15pm.

Band to entertain

LIVE MUSIC: High Wycombe covers band Hustler will be performing at O'Neill's tomorrow night, Friday, July 29.

The five-piece group arrive at the George Street venue to perform tunes from the likes of Bon Jovi through to Rihanna. The gig will start at 10pm and is free.

Comedy club returns

EXPECT to leave the Burton Taylor By James Richings Studio in Oxford with sore sides when the annual BT Comedy Club returns.

The two-day event on Friday, July 29, and Saturday, July 30, will see a number of funny men and women share their gags, stories, and witty one-liners.

And for Daniel Gilbert, the Oxford Playhouse's assistant marketing manager, who will be compering the event as well as performing his own material over the two days, said the chance to perform was something too good to turn down.

comedy in Oxford, a lot of it tends to be by and for the student community, but in the last few years, there's been a real growth in comedy popping up in lots of places," he revealed to the deadpan, but I'm compering these Guardian.

"So, it's really great to able to showcase some of that talent, such as Oxfordshire-based Conor McReynolds and Terry Green, as well as bringing acts in from the London circuit, such as Kate Smurthwaite."

number of years Daniel would write would give him a huge buzz.

However, despite the adrenaline tickets cost £10 or £8 for concessions.

rush of performing on stage whilst writing new martial, Daniel soon discovered that the productions were sometimes too costly, and also caused a lot of people to reschedule their plans.

So he decided to compromise and enter the route of stand-up comedy, an area of the entertainment industry he greatly admires.

"I've been performing around Oxfordshire for a couple of years now, but this is the first time I'll be performing at the BT Studio, so I'm "While there's always been plenty of really looking forward to it," Daniel said. "It's a very intimate space, and so a great place to share laughs with people."

He added: "Usually my stuff is quite nights, which is a very different skill and fits different types of material.

"The key is being very high energy, engaging the audience and bringing them with you, so they're nicely warmed up for the acts."

On Friday, Kate Smurthwaite, Becky As an ex-theatre maker, for a Moore and Conor McReynolds will perform with Moj Taylor, Terry Green and perform in numerous shows which and Fran Day performing on Saturday.

Both shows will start at 7.30pm and







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Legendary band set to perform

SINCE 1976, the Cropredy Conven- By James Richings tion festival has become one of the most popular events in Oxfordshire.

the music festival has seen hundreds of mainstream, local folk, country and light rock musicians and bands such as Richard Digance, Levellers and Midge Ure all take to the stage.

And with the festival returning from Thursday, August 11, to Saturday, August 13, folk rock band Steeleye Span hope they can roll back the years with their set on Friday, August 12, with this being the group's first appearance at the Oxfordshire festival since 2006.

almost 50 years after they started, guitarist Julian Littman believes the rush of performing to an audience with his friends will never fade.

The band is on a UK tour which started in June and will end in October. even shock," Julian revealed.

"Prior to joining the group, I worked TV." Julian said.

"Whilst musically I've worked with Gerry Rafferty, Dexy's Midnight it's now all about the live gigs. Runners, Charlie Dore and countless others so I'm very privileged to be part changed for all bands and it's now not of Steeleye.

"It's also a pleasure to work with live that counts." Maddy Prior. She always enables and prepares to push the boundaries."

First formed in 1967 by bass player Held at Cropredy, near Banbury, Ashley Hutchings, original band members included Tim Hart on guitar and vocals, Prior on vocals, Terry Woods on guitar, concertina and vocals, with his wife Gay Woods on strings and vocals.

> They became a household name during the 1970s with their traditional folk-rock sound, which helped the band achieve seven albums breaking into the UK Top 50 Album Charts.

However, after a lean period in the late 1970s which saw the popular group split up, the band soon reunited and And with the band still going strong have since been a dominant force in the folk industry.

> They are now considered to be one of the best-known acts as part of the British folk revival.

"The idea is to comfort, surprise and

"The thing with Steeleye Span is an as actor in theatre, movies and in that we don't stand still and that we are always trying to push things.

"And as much as we love recording,

"The musical landscape has all about selling albums, it's playing

For information about the festival. visit www.fairportconvention.com



Cropredy Festival Line-Up

Thursday, August 11

Madness Hayseed Dixie Coco at the Butterfields Gryphon Fairport Convention

Friday, August 12

The Bootleg Beatles Steeleye Span Headspace Willie and the Bandits Lifesigns Sound of the Sirens **BBC YFA Winners** AJ Clarke & Peggy

Saturday, August 13

Fairport Convention Ralph McTell Babylon Circus The Demon Barbers Pierce Brothers Gilmore & Roberts Richard Digance

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Fri, Jul 29 - Sat, Jul 30 Burton Taylor House, Oxford BT COMEDY CLUB Each night will feature the best

of local talent and the finest



comics on the touring circuit, all tied together (not literally) by your host Dan Gilbert. Acts already confirmed for the first BT Comedy Club include star of Come Dine With Me Adam Mastroianni, political activist and comedian Kate Smurthwaite (Fri), and Moj Taylor

Sat. Jul 30, 11am and 2pm Cornerstone Arts Centre, Didcot THE LAST POST

Step on board our pillar-box red van-atorium outside Cornerstone, known as Mobile Sorting Office 451, to a world where snail mail reigns supreme. You'll meet Verity, the irrepressible heiress of an international pen-pal agency, and Red, a redundant Post-Master. Witness the unwrapping of their curious love story, accompanied by live music, provided by Tomaz (who arrived one day in a jiffy bag). The Last Post will be performed outside Comerstone and has limited capacity. Book your tickets in advance to avoid disappointment.

SHOWGROUND

Sat, Aug 6, 11am Cornerstone Arts Centre, Didcot STEAM

The Urban Playground Team animate a skeletal scaffold steam locomotive through scenes inspired by the slapstick comedy of Buster Keaton, the rooftop chases of James Bond, the train-jacking of the Wild West, the Heartbreak of the first World War and the dark future of inner city commuting. These guys combine contemporary and urban dance with parkour and physical theatre and are a delight for audiences of

Following each performance, there's an open workshop for anyone over aged 10+. There's also a more intense series of workshops (5, 6, 7 and 9 August) where participants will help devise a scene and perform in STEAM LOCAL LINE at Didcot Railway Centre on Wednesday 10 August. Great for all ages.

Sat, Aug 6, 8.15pm The Glee Club, Oxford COMEDY NIGHT

Comedians Scott Bennett and Rob Hughes are to arrive in Oxford.

Thu, Aug 11, 7pm O2 Academy, Oxford BIG D AND THE KIDS

Big D and the Kids Table has paved their own way, spreading their explosive music around the world. Beginning as a ska-punk band in 1996 the group has released over 13 albums, ranging in style across dub, thrash and reggae.

Fri, Aug 12, 10pm O2 Academy, Oxford BERES HAMMOND

One of Jamaica's greatest singer songwriters and the ultimate Lovers Rock singer, Beres Hammond has pioneered soulful reggae music since his career began over 40 years ago. Beres' beloved hit-filled repertoire, spread across a massive 26 studio albums, is a journey that every music lover should take a trip through; from soul and funked up reggae jams, dancehall, rock steady and of course the

Fri, Aug 12 - Sun, Aug 14 Cornerstone Arts Centre, Didcot HIGH SCHOOL MUSICAL

Cornerstone's summer school takes to the stage. There's trouble at East High School when new student Gabriella has found her way to being a brainiac and a great singer. In Disney's smash hit show anything goes but eventually everyone realises that being yourself and having your own identity

Up to 50 local young people

perform in this fast paced, fun show! This is a joint project between Cornerstone and Arts Academy Theatre School. Performances are taking place on the following dates:

Sat, Aug 13, 7pm O2 Academy, Oxford BETTER THAN NEVER

Mon, Aug 15 - Fri, Aug 19 The Theatre, Chipping Norton TAKE PART SUMMER: DRAMA WEEKS FOR 8 - 12

Working with theatre professionals, participants will develop a piece of theatre together and learn how performances transfer from the rehearsal room to the stage. The week culminates in performances on our stage at 6.30pm on Friday.

Tue, Aug 16, 7.30pm O2 Academy, Oxford HAYSEED DIXIE

Performing a combination of original compositions and bluegrass



cover versions of hard rock songs. Hayseed Dixie are acknowledged as the creator of the musical genre 'rockgrass'.

Tue, Aug 16, 7.45pm The Theatre, Chipping Norton JOSH WIDDICOMBE Josh Widdicombe, that guy from



the TV comedy shows with the curly hair, is back on the road with a brand new tour. Since he's been away from stand up Josh has been working hard on other things but don't worry, in his spare time he has found a lot of minor things to get annoyed about, and now he has a chance to talk about them

Fri, Aug 19, 7pm O2 Academy, Oxford DEATH OF THE MAIDEN

Sat, Aug 20, 2pm The Mill Arts Centre, Banbury

TICKET for the NEW



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From 6:00pm, Oxfordshire News Now brings you:

Thursday 28th July: Mark Stavers ending violence against children worldwide

Friday 29th July: Lawrence Prestidge is a drama teacher who has published his first book

On Talk Oxfordshire this Thursday, Beverley Sunderland talks business, Emma-Jane Taylor talks health and fitness, Monday Robin Shuckburgh talks food and drink, Tuesday It's a current affairs discussion with Daisy Smith, and on Wednesday Eve Ahmed talks all things community.

PLUNDERED

Whilst searching for hidden treasure, Captain Blackbeard, a famously selfish pirate, has left a once beautiful tropical island littered with rubbish and its inhabitants struggling to survive. It's up to Maggie and Roy to save it. The trouble is... they're REALLY not friends. Teleported from their school trip at the Maritime Museum into the centre of a swashbuckling adventure in the Amazon, can they learn to work together, win the race to find the legendary treasure - and restore the place to its natural glory?

Tue, Aug 30, 7.30pm The Mill Arts Centre, Banbury TRUMBO

In 1947, Dalton Trumbo (Bryan Cranston of Breaking Bad fame) was Hollywood's top screenwriter until he and other artists were jailed and blacklisted for their political beliefs. This star-studded film recounts how Dalton used scripts and wit to win two Academy Awards and expose the absurdity and injustice of the blacklist, which entangled

Tue, Aug 30 - Sat, Aug 3 New Theatre, Oxford

celebrities including gossip

Mirren), John Wayne and Kirk

columnist Hedda Hopper (Helen

THE GLENN MILLER STORY It's been seventy years since

Glenn Miller vanished over the

English Channel as he flew to Paris to entertain the troops during the Second World War. Did he crash? Was he shot down? Will the mystery ever be solved? Brought to the stage in a brand new musical spectacular, is the life, fame and vanishing of America's most famous big band

Music legend TOMMY STEELE, Britain's first rock n' roll icon who became our greatest ever song and dance man, commands the stage as only a very great star can in this extraordinary tale of the world's most famous big band leader, featuring a spectacular 16 piece orchestra plus a full supporting company of sensational performers and dazzling choreography.

Tommy's legendary career boasts countless hit singles, Hollywood movies and award-winning stage musicals such as Half a Sixpence, Hans Andersen and Singin' in the Rain at the London Palladium, where he was recently honoured with a prestigious plaque celebrating the fact that he remains the theatre's most successful ever

Wed, Aug 31, 8pm Cornerstone Arts Centre, Didcot HIGH RISE

Starring Tom Hiddleston and Jeremy Irons. Life for residents of a tower block begins to run out of control in an adaptation of JG Ballard's novel.

Price per person without this ticket is £5 (Accompanied under 16's admitted FREE)

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Shan's mission is to make us Smile with her music

FOLLOWING her stellar perfor- By James Richings mance at Bicester Village at the start of July, singer-songwriter Shan part makes it even more interesting. Smile is returning to the outlet shopping centre on Thursday, August 4. performing to an audience is that it

The entertainer is coming back to Oxfordshire to perform tunes from her debut album and EP, accompanied by pianist Nick Gilmore.

hold name, Shan is optimistic that her future is bright and hopes her acoustic into each of my performances." set at Bicester Village will encourage audience members to check out her surrounded by music. self-penned tracks.

covers from the pop, soul, reggae and her dad play a number of different folk genre.

"There are a lot of exciting times his friends. ahead," Shan said. "The inspirations behind my songs are a mixture cian to take up music as a hobby, which between life experiences and my imagination and I think the imagination

"And one of the best things about reminds you that you're on the right path and the reason you do what you

do is to bless others with your gift. "It's definitely a grateful feeling and And despite not yet being a house- it is very rewarding, as there is a lot of preparation and practice that goes

From a young age, Shan has been

Shan's father had a huge interest in Shan will also perform a number of the pastime, which saw her witness instruments and frequently jam with

> This prompted the aspiring musiultimately became her job.

After years of studying the subject at four hours.

the BRIT School for Performing Arts and Technology, while also attending Middlesex University to do a course in music business and management, Shan insists that becoming a success in the music industry was down to good fortune, but about grafting to get to your award.

"The hardest challenge of my career is making that decision within myself to become an artist, as a singer is someone who wants to pursue her dreams and make it despite life's challenges," she said.

"You have to have a lot of belief in yourself to stand this industry."

She added: "Working on my current EP project is taking a lot of hard work and I have to tell myself everyday that I can do it as it is very challenging."

Her Bicester Village gig is free, starting at 4pm and lasting for about



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Behind the wheel of the powerful Jeep Cherokee 2.2 Multijet 200hp 4WD Auto Limited

Top rate engine but lacks soul



POWER AND EFFICIENCY:

The Cherokee is fitted with the new 2.2 MultiJet II engine that delivers 200 hp at 3500rpm and has a torque rating of 440 Nm at 2500rpm - making it one of their best engines to date.

Top speed comes in around 127mph and it can accelerate from zero to 62mph in around 8.5 seconds. Average combined fuel consumption figure comes in at a decent 49.6mpg with CO2 emissions of 150g/km.

OFF ROAD:

I will steer away from my normal on-road review and talk a little bit about how the Cherokee faired off the tarmac. Actually – It did rather well. It will never beat a Range Rover – but it was pretty good I have to say. Jeep's Active-Drive four-wheel-drive system is very good and did not really struggle in most places off road and I never once got stuck – which is great news.

INTERIOR & TECHNOLOGY

Inside the Jeep looks ok, but I just don't get the sense of feeling cocooned. Yes it's nicely set out – but it just doesn't make me think Wow!

By Anthony Yates

Don't get me wrong – the seating and materials used inside are of a good quality and I would be very happy if I had bought one, but I just feel the Cherokee is missing that little bit of 'soul' - the feeling is a bit like thinking you are going on a date with Salma Hayek and when you arrive you find out that actually you have been misinformed and your new host will be the one and only Dot Cotton.

Some of the standard equipment on the Cherokee Limited includes; keyless entry, rain sensitive wipers, automatic HiD Bi-Xenon headlights, cruise control, next generation front airbags, dual zone climate control, leather interior, nine speakers with subwoofer (Alpine), Uconnect 8.4" DAB Radio with integrated Bluetooth with USB.

SAFETY:

The Cherokee also has a five-star Euro NCAP safety rating which makes it class leading among the mid-size SUV market. My test car was also fitted with the option of the 'Technology Group' pack. This pack includes advanced brake assist, lane departure warning plus, full speed forward collision warning plus, adaptive cruise control, as well as mirror with blind-spot monitoring function, and a rear parallel parking assist system.

TO SUM UP:

The Cherokee is a decent 4X4 with the attraction of its high specification levels and a decent ride that is quiet and refined—I just wish Jeep could give the Cherokee a little bit more 'soul'.

 Price: (from) £41,610 OTR as tested – including fitted options.



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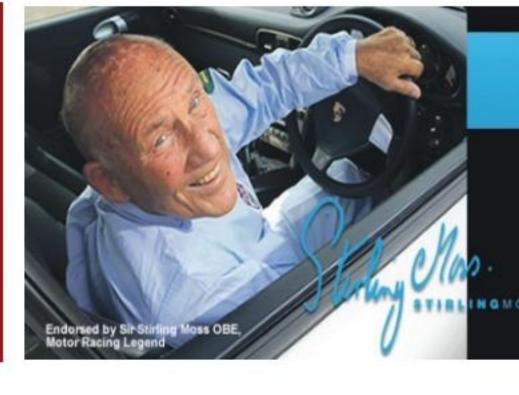


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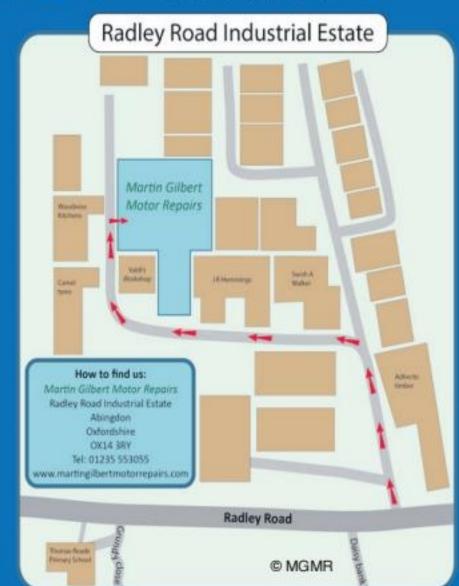
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BMW X5



2001 Year: 172,000 Miles: Colour: Silver Price: £2,300 ono

2006

52,800

Sep 2016

SB31979 / 10.08.16

5B32341 / 10.08.16

LH / 28.07.16

SC / 28.07.16

Year:

Miles:

MOT:

3.01 diesel auto, black leather interior, tinted rear windows, bluetooth device, loads of s/h and everything works. Private sale. Tel: 07932 012407

5832268 / 1.8.16

Seat Leon 1.4 S



2010 / 10 Year: 59,000 Miles: MOT: June 2017 Colour: Black Price: £5,000

HPI clear, no accidents, warranted mileage, company sale due to retirement. Full Seat service history, last serviced at 57,000 miles. Just 2 former keepers, 2 keys, ABS A/C. Stunning looking excellent condition inside and out. Tel. 07847 763 825

Citroen DS4 1.6 e-HDI 115 DStyle



Year: 2014 Miles: 12,000 approx March 2017 MOT: Colour: White Price: £10,795 ono

Diesel, excellent condition, Fortron Paint & Fabric Protection inc Saturday club, Leather seats, 1 owner from new. Private sale, no canvassers. Tel: 07944 918 410

Ford Fiesta



Colour: Red Price: £1800 ono

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Ford Puma 1.7 Coupé



2000 / X Year: 105,000 Miles: Dec 2016 MOT: Colour: Black Price: £300

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SB32323 / 10.08.16

Ford Mondeo Ghia estate 2.0



2001 / Y Year: 103,000 Miles: MOT: March 2017 Colour: Blue Price: £1,100 ono

Full service history (14 stamps), Air-con, climate, 6 cd auto changer, roof bars, tow bar, 4 new tyres, alarm, central locking, alloy wheels, 2 previous owners, Well maintained, Tel, 01869 340656

\$832232 / 03.08.16

Jeep Cherokee Turbo 2.5 Sport Diesel



2000/W Year: 104,000 Miles: April 2017 MOT: Colour: Green Price: £900 ono

2.5 Sport Diesel Turbo. £900 ono, cash only please. Tel. 01488 71929 (9.30am to 6pm)

Chevrolet Captiva 2.4



2008/57 Year: 48,000 Miles: 12 months MOT: Colour: Brown Price: £5,295

Excellent condition, very spacious, full service history, lots of extras. Tel 01865 240948, SD TIMMO CAR SALES.

SB32343 / 10.08.16

Kia Sedona 2.9 Diesel



2004 Year: 78,000 Miles: MOT: May 2017 Colour: Blue Price: £1,550 ono

Mercedes Engine, 7 seater, very nice family car. Tow Bar, MOT, very good runner. £1,550 ono or will exchange for a smaller car. Tel. 07864 673 820

5832270 / 10.08.16

Peugeot 208 1.4 HDi Active



2013.13 32,000 Miles: Full MOT: Colour: Blue Price: £6,995

1.4 manual, diesel, 5 door, air con, 1 owner, DAB, FSH, airbags, PAS. Tel: 01865 326666. Trade.

Skoda Octavia 1.65 TDI CR



2010/60 Year: 64,000 Miles: MOT: Full Colour: Grey Price: £5,995

1.6 manual, diesel, 5 door, air con, 1 owner, FSH, airbags, PAS, traction control, Tel: 01865 326666, Trade.

LH / 28.07.16

Toyota Aygo VVT-I Plus



2007/07 Year: 91,500 Miles: MOT: Full Colour: Silver Price: £2,390

 manual, petrol, 3 door, recent service, air con, PAS, E/F/W. FREE 3 month warranty. Tel: 01869 331441. Trade.

Peugeot 207 1.4S



2008/58 Year: 34,500 Miles: Full MOT: Colour: Red Price: £3,450

1.4 manual, petrol, 5 door, air con, recent service, air con, CD, E/F/W. FREE 3 month warranty. Tel: 01869 331441. Trade.

SC / 28.07.16

Peugeot 206 Coupe Cabriolet 2.0 Petrol



2005 Year: 48,893 Miles: MOT: May 2017 Colour: Metallic Blue Price: £1695 ono

Lady owner, garaged, very low milage, electric retractable roof, air con, full leather interior, alloy wheels, wind stop, full service history, excellent condition. Tel: 01367 244541 Private sale.

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2003 Year: April 2017 Colour: Silver Price: £295 ono

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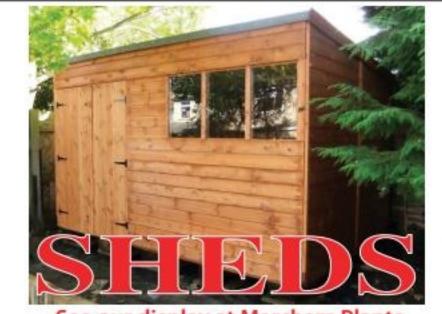
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Spin costs Palmer the chance of scoring first points in Hungary

JOLYON Palmer admitted he By Adam Flinn was "gutted" after a mid-race spin cost him what was looking Esteban Gutierrez received a like his first points in Formula post-race penalty. One at Sunday's Hungarian Grand Prix.

The Renault driver had just the taking," said Palmer. moved up to 10th place following point for his efforts.

control of the rear of the car at a massive snap. turn four, pitching him into a 13th, which became 12th after took away those points."

"I'm gutted as my first points

Daniil Kvyat's pitstop and looked normal at turn four - I wasn't noon's work as Valtteri Bottas on course to secure at least one hanging everything out and I finished ninth. was looking after the tyres - but However on lap 47 he lost for some reason I lost the car in the opening lap by overtaking maximum we could with Valt-

spin and dropping him back to career and just one small spin the entire race.

ground after a poor start, and 70 laps, caused by a heavy shunt the middle finger when he eventubrought his Renault home 15th. in qualifying the day before.

Meanwhile, fellow Oxford-"I turned in the same as just two points for their after- light on the other.

"It was the best drive of my the pitstops remained there for pace of the car is just not there.

He ended up a lowly 18th after in Formula One were there for shire team Williams endured a having to cope with a steering place behind his team-mate in positions respectively. disappointing race, picking up wheel heavy on one side and

> Rob Smedley, Williams' head of performance engineering, The Finn gained a position on said: "I think we achieved the Nico Hulkenberg, but aside from teri, he drove a solid race, but the

"After Felipe's accident [on And it was an even worse for Saturday] the car was out of balance and he just couldn't get into a rhythm.

> "These are tough times for the team. We have to knuckle down, be introspective, work as a team and start to understand how we're going to get more performance from the car."

> And there were no points for either of the Banbury-based teams at Hungary, as Haas and Manor finished well down.

Gutierrez was the closest as he ended 13th, following a five second penalty for ignoring blue flags while being lapped by race winner Lewis Hamilton.

The blocking caused secondplaced Nico Rosberg to close in on

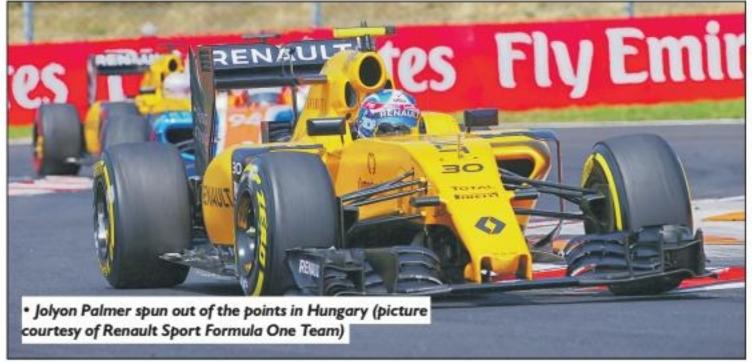
nussen struggled to make up with faulty steering for all of the world champion to give Gutierrez car's balance during the race. ally got past the Mexican.

His team-mate Kevin Mag- Felipe Massa, who had to cope Hamilton, prompting the reigning 14th, having had issues with the

And the two Manors of Pascal Wehrlein and Rio Harvanto Romain Grosjean was one trailed home in 19th and 21st

Drivers' championship standings

		U
1. Lewis Hamilton	Mercedes	192
2. Nico Rosberg	Mercedes	186
3. Daniel Ricciardo	Red Bull	115
4. Kimi Raikkonen	Ferrari	114
Sebastian Vettel	Ferrari	110
6. Max Verstappen	Red Bull	100
7. Valtteri Bottas	Williams	56
8. Sergio Perez	Force India	47
9. Felipe Massa	Williams	38
10. Carlos Sainz	Toro Rosso	30
11. Romain Grosjean	Haas	28
12. Nico Hulkenberg	Force India	27
13. Fernando Alonso	McLaren	24
14. Daniil Kvyat	Toro Rosso	23
15. Jenson Button	McLaren	13
16. Kevin Magnussen	Renault	6
17. Pascal Wehrlein	Manor	1
18. Stoffel Vandoorne	McLaren	1
19. Esteban Gutierrez	Haas	0
20. Jolyon Palmer	Renault	0
21. Marcus Ericsson	Sauber	0
22. Felipe Nasr	Sauber	0
23. Rio Haryanto	Manor	0



No hurry to announce 2017 drivers

firm their driver line-up for 2017, into discussions about whether weekend after weekend. team principal Fred Vasseur has Kevin Magnussen and Jolyon man Grand Prix.

announced unchanged pairings any decision is made. in recent weeks.

The driver market is in full swing He said: "We are at that time decisions for 2017 in our own time." as the teams continue their ongoing of year when we are asked these preparations for next year, with questions, but the questions and the expected to retain his seat, with Ferrari and Mercedes having speculation often happen before speculation that Palmer may be

"What I can say is we have two driver Esteban Ocon.

RENAULT are in no rush to con- But Vasseur would not be drawn good drivers who are improving

"They are both doing a strong, said ahead of this weekend's Ger- Palmer will keep their seats with solid job and work very well within the Enstone-based squad in 2017. the team, and we will make our

At present Magnussen is replaced by the team's reserve

Lynn insists 'things are on the up'

OXFORD-based GP2 driver Alex Arthur Pic spun at turn two. Hungary at the weekend.

A disappointing 12th place in the was followed by a lap one crash in ing soon. the sprint event, after he got caught He said: "Things have gone the way now and we can kick on a

"made a lot of progress" despite scoring weekend in a row, and he seem to have turned a corner. suffering a miserable two races in has dropped down to 11th in the standings as a result.

feature race after a poor qualifying optimistic that DAMS is on the up sion, and our pace improved very session left him well down the order and the results will start improv-quickly.

up in a series of collisions when badly for me and the DAMS team Hockenheim [this weekend]."

in recent rounds, but the main thing Lynn said his DAMS team has It was Lynn's second non-points for me in Hungary is that we really

> "By the end of first practice, my car was almost completely differ-But despite the problems, Lynn is ent to how we'd started the ses-

> > "Hopefully our bad luck is out of







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Oxford mauled by Bears in League One Shield fixture

IT was a bad day at the office for Oxford RL after being mauled 48-6 by Coventry Bears in the first round of the League One Shield.

On a scorching hot day at Butts Park Arena in Coventry, the Blues surrendered to their fifth consecutive defeat.

The game began with the Bears setting the pace of the match, but it wasn't until 10 minutes in that full back Charlie O'Mara was able to inflict Coventry's first blow to their visitors.

O'Mara scorched through the line untouched before Joel James kicked the conversion.

Oxford fought back but never really troubled the Bears' line, and the hosts were 12-0 to the good on 18 minutes.

The Bears kept building pressure and, after some aggressive and quick forward play, Eddie Medforth flew onto the end of a pass to make it 16-0.

Oxford fought well and were back in the game on 32 minutes when a Luke Gardiner break from his own half set up Casey Canterbury to go under the posts.

Scott Fleming added the conversion, leaving the score at 16-6 at half-time.

But Coventry asserted their quality in the second half with tries from Matt Reid, Alex Beddows and Jack Morrison extending their lead to 40-6.

And Medforth completed his hat-trick when he touched down twice more to bring the



 There were scorching hot conditions at the Butts Park Arena (picture courtesy of @ Oxford_RL)

Do you have a sports story?

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co.uk or on 01235 516932

U's Women slide to triple loss despite digging deep

OXFORD United slipped to a By Dominic Thomas third successive FA Women's Super League 2 defeat after wrong side of the visitors' going down 1-0 at home to defence as she raced onto a long Everton.

performance over recent dis-Watford, the end result was the the bar. same as Emily Hollinshead's victory.

Les Taylor's side faced an trated. uphill struggle from the start, to choose from.

with the opening stages of the strike just a moment later. match played at a furious tempo.

was kept busy by Everton's dangerous strike force, but dangerous when on the break. she proved equal to the task, tipping wide Rosella Ayane's picking out Franklin-Fraiture ambitious 25-yard strike after with a superb ball, but the nine minutes.

opportunities to get in behind keeper. the Everton defence, but were unable to capitalise.

Ini Umotong played in Ella scrappy fashion. Franklin-Fraiture with a gorgeous ball over the top, but the a corner, allowing substitute U's midfielder was denied by the Emily Hollinshead to scramble offside flag before she could lob home at the back post. the onrushing goalkeeper.

ball forward, only to be hauled Despite a vastly improved down on the edge of the box.

The resulting free-kick from plays against London Bees and Ellie Noble was just inches over

As the first half wore on the scrappy goal gave the visitors visitors began to take control, but found themselves frus-

Chloe Kelly missed the target with the combination of illness twice in quick succession from and unavailability leaving the close range before Lambourne manager with a depleted squad denied both Claudia Walker's well-struck shot in the 34th Both sides started brightly, minute and Krystle Johnson's

The second half couldn't Goalkeeper Demi Lambourne match the intensity of the first.

United looked at their most

Umotong burst free before United winger's shot was tame At the other end, United had and easily gathered by the goal-

> Everton took the lead with just 13 minutes to play in

> United failed to deal with

The exhausted U's were Umotong herself got the unable to threaten an equaliser.



Oxford Half Marathon start line switched Last year's race was a sell-out (picture courtesy of @oxfordhalf)

ORGANISERS of the Vitality Oxford Half Broad Street.

They say the move aims to "further home straight. enhance its spectacular city start and finsights of Oxford".

Road, Mansfield Road, Jowett Walk, and residents. St Cross Road.

of Banbury Road, before turning around cannot be one of the best half marathons at Carlton Road, running back down Ban- in the world." bury Road and heading east down Marston . To view a map of the route, go to Ferry Road.

The final mile in the city centre takes in Marathon have announced the start for Holywell Street, Catte Street and the iconic the 2016 event will move from St Giles' to Radcliffe Square and Turl Street before runners enter Broad Street again for the

Peter McQuitty, Oxford City Council's ish, while still taking in the many historical head of culture, said: "The city and county councils are working with organisers to The 13.1-mile route will see competitors make the Vitality Oxford Half Marathon run from Broad Street and onto Magdalen a world-class event that will be enjoyed Street, St Giles', Parks Road, South Parks equally by runners, onlookers and local

"With its iconic backdrop and flat route, They will then run almost the full length there is no reason why the half marathon

oxfordshireguardian.co.uk

Injury will not hold back Bicester javelin thrower

die Curtis is desperate to make from injury." the most of his golden chance.

Backley on Twitter, Curtis has letes handpicked by former been receiving tips and advice Olympians, Curtis benefits from from the fellow Brit who took sil-financial support and advice ver medals in the Atlanta and from top athletes, including on Sydney Olympics.

Curtis' progress was put on hold Clegg. when shoulder surgery ruled him out until at least 2017.

to watch on, the 21-year-old the rest of his career. from Hardwick, near Bicester, been instrumental so far.

FEW get the opportunity to have be able to tap into that experian Olympic medallist in their ence and hopefully I can make corner, and javelin thrower Fred- the most of it when I come back

A member of the SSE Next After being contacted by Steve Generation programme of athnutrition and media work from Ranked second in Britain, Paralympic sprinter Libby

And the 21-year-old believes it is experiences like that which But despite being forced will stand him in good stead for

He said: "It's great to be one of believes Backley's influence has the lucky few athletes who get to be part of the scheme. They offer Curtis said: "He's been there, so much, not just financially, but done it all so I'm very lucky to with other areas as well."



Championship side Brighton put the Yellows to flight Oxford outclassed by Seagulls

OXFORD United were out- By George Welch classed by Championship side Brighton and Hove Albion in cross on the right byline before the match lulled in the second game on Tuesday night.

Brighton's class showed from good work by Rosenior. the start as they asserted dominance through neat passing lead on 18 minutes when Knoc- mance. play, with Anthony Knockaert, kaert was picked out by Jiri Tom Cadman and a Tomer Skalak on the left wing. Hemed brace proving the difference.

within the first 20 minutes as the bottom left corner. the East Sussex side created a flurry of chances.

kept out a Beram Kayal effort Dunkley brought down Baldock third of the night. from distance on four minutes in the penalty area - but Murray and he had barely caught his fired wide from 12 yards. breath before he thwarted a powerful Sam Baldock drive, defending shortly after the with five minutes remaining. who had found himself in space restart to run through one-

fired over from a Liam Rosenior to deny the attackers' second any points up for grabs".

their last home pre-season he missed a gilt edged chance half with mass substitutions from close range following more stifling the flow after the hour.

Oxford defence and slotted The tone of the game was set calmly beyond Eastwood into ship last season, put the game

from a Glenn Murray backheel. on-one, only to meet Eastwood Just seconds later, Murray who was off his line instantly night was that "there weren't

of the night.

In typical pre-season fashion,

But United were still made And Brighton duly took the to pay for a lacklustre perfor-

Cadmen prodded home from close range on 67 minutes, nine The Frenchman turned the minutes before Brighton, who finished third in the Championbeyond doubt when a pinpoint Chris Hughton's men should Jamie Murphy cross provided have doubled their advantage Tomer Hemed with the opportu-New signing Simon Eastwood just six minutes later when Chey nity to thump home the visitors'

> The same combination added icing to the cake with almost a Knockaert pounced on sloppy carbon copy of the third goal

> > Head coach Michael Appleton said the only positive about the



tickets for children in care

A CAMPAIGN by Oxford United fans to pay for Oxfordshire shirt - a donation made by an children in care to watch the OxVox member - is currently team in action at the Kassam being sold for over £400 and Stadium has passed the £5,000 there have been three bids of

'One of Our Own' is organised Shirts. by OxVox and the Oxford United care.

to be at every home game.

family upheaval or neglect.

over £350 for framed JPT Final

Simon Bradbury of OxVox Community Trust to fund over said: "We are so grateful to 1,000 match day tickets for the amazing donations from the Oxfordshire children living in fanbase and wider community, which have enabled the Trust to A total of £5,745 has been nearly achieve its aim in being raised of a £6,220 target to reach able to purchase season tickets by July 31 to secure places for for children in care or children 40 young people and 10 carers on the edge care in Oxfordshire.

"We should not underesti-There are over 600 children mate the difference that we in Oxfordshire 'looked after' by are all able to make, we will be the county council, with count- bringing hope, aspiration and less more made vulnerable by love to children who have not had the best start to life."



Kemar Roofe's signed home

Sport Bites

Debut contest

AMERICAN FOOTBALL: Oxford Saints' women's team are competing in their first ever tournament.

The women's side, which only started in May, are competing in the Summer Series 2016 Flag Tournament over three weekends in Northampton.

The competition of nine teams began on Saturday with the remaining two game days on August 6 and August 27.

Oxford endured a shaky start, losing all three of their matches on the first game day.

False start

ATHLETICS: Rio bound Oxfordshire hurdler Lawrence Clarke was disqualified from the 110m hurdles final at the Anniversary Games after a false start on Saturday.

But the Watlington hurdler is not too downhearted.

He tweeted: "Today I committed the cardinal sin of false-starting. Never happens and damn I was ready to run fast! Next stop Rio to right the wrongs."

Meanwhile, Oxford City's Nathan Douglas could only finish ninth in the triple jump in the tenth Diamond League meeting of the season.

Captain returns

ICE HOCKEY: Oxford City Stars have announced the return of fans favourite Nick Oliver.

Oliver started his career in the junior ranks, and continued to play for Oxford as a senior.

The 30-year-old forward said: "I'm really happy to be back, last season we improved so much and I really wanted to be a part of us pushing forward even further."

The club captain has made over 173 appearances, scored 76 goals and provided 143 assists for the Stars.

Youth team draw

FOOTBALL: Oxford United's development squad played out a 1-1 draw away at Bath City on Saturday.

United's young side took the lead through a second half James Roberts strike, but were pegged back by an Andy Watkins goal in the 77th minute.

The National League South side finished stronger and could have had a penalty when Watkins was upended.

Team GB sign-up

OLYMPICS: Banbury and District Canoe Club member Angela Hannah has been named in the Team GB squad for Rio Olympics.

Hannah will contest the K2 500m with crewmate Lani Belcher in her second Olym-

The Zimbabwe-born 30-yearold has won a number of World Cup canoeing medals including gold in K2 200m and bronze in K4 500m in 2014 and K2 200m gold in 2015.



ARDLEY United followed their 9-0 win over Joel Meade fire over the top. Buckingham Athletic last week with a more sedated 1-0 pre-season win at Hanworth utes when Bayliss slotted home a right wing Villa on Saturday.

Reece Bayliss proved the match winner, few chances.

The visitors dominated the first half, but into the keeper's gloves. Hanworth did venture out a bit more after a save to make in the 90 minutes.

ball in the net, wasting chances in front of the 'keeper. goal with the crossbar denying the visitors in the second period.

and four minutes later a similar routine saw or sent over the top.

Ardley scored the only goal after 10 mincross from Mat Cruse.

A ball up to Troy Bryan saw him cushion scoring the solitary goal in a game of very the ball into the path of Elias Katsoloudi who struck first time and his effort curled

The home side had a sniff in the final the restart. Yet neither Ardley keeper had minute of the first half, when a through ball in behind the United defence was cut out The Hellenic League Premier Division by a well-timed tackle from Chris Jackson created chances but could not quite get the just before the striker had a chance to test

A few half chances came and went for Hanworth, but they could not break down a Just two minutes in an Adam Morris cor- resolute Ardley defence, and each opportuner was headed just wide by Chris Jackson, nity that did come along were either blocked





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More Sport inside: F1: Spin costs Palmer first points | Rugby League: Oxford RL lose again | Athletics: Javelin thrower learns from the best

Negotiations continue as line-up not yet set, U's boss says Places still open as season draws near

OXFORD United coach Michael By Dominic Thomas Appleton says there are still places up for grabs in his starting side as the Us head into their its part and parcel of the process. last pre-season fixture.

ton said there are still opportuni- where they want to be. ties for players to impress him.

and it probably cost one or two season kicks off on the 6th." of them their place in the side if Appleton also shared his views I'm honest.

preferred to be 100 per cent "It's been great. It's good for the nailed down as to what I think players, it's almost an education my starting XI is. As it stands for them. We want to strive to be at the minute I probably know where they are." seven or eight.

opportunity for some of the players that are in the building."

squad before the end of the week, Appleton added. including a loan signing: "We're and their representatives.

"There was talk of getting terday morning. it done before the game today hopefully by Thursday the sec- Group C. ond will be done."

He added: "It is frustrating but against Brighton, see inside

"There will be managers up

Speaking after a disappointing and down the country going into 4-0 loss to Brighton and Hove the season who still have two Albion on Tuesday night, Apple- or three players missing from

"I hope that's not the case for He said: "Last pre-season, los- us and I don't think it will be, but ing at Woking was a kick up the the reality is that the window backside for one or two players is open until August 31 and the

on the squad's pre-season form "At this point I would have after the test against Brighton:

Oxford complete their friendly "So there's a little bit of work fixtures with a clash against still to do, and there's still an League Two Barnet on Saturday.

"If we can pass the test [against Barnet] from a physi-As the Guardian went to print cal point of view on Saturday, Appleton said he was expect- I'd like to think that well be looking two extra additions to the ing forward a little bit brighter,"

The draw for the EFL Trophy, in negotiations with two players the rebranded Johnstone's Paint competition, was also made yes-

The reformatted competi-[Tuesday night]. Certainly tion will see Oxford face Exeter tomorrow [Wednesday] we're City, Chelsea under-21s and local expecting one to be done, and rivals Swindon Town in Southern

For a full report on the match





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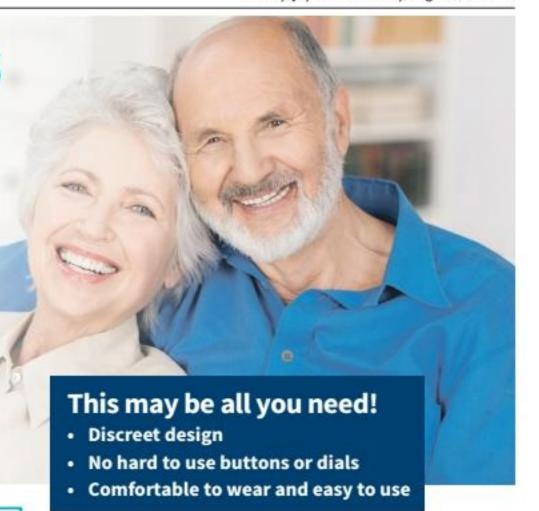
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CLEAR also meets the challenge of hearing from different directions. It is the only Widex hearing aid that lets you focus on sound in selected directions without turning your head - perfect if you're driving, for example.

And combined with a unique range of wireless accessories, some of the more difficult listening situations, such as watching television, listening to music or using your mobile phone, are made easier.

Ask us to demonstrate the new Widex Unique range allowing you to hear both soft and loud sounds in comfort. It detects your listening situation automatically and makes sure you hear the right sound at the right time in the right place. A unique hearing loss NEEDS a unique solution.



The best just got smaller.

The **SoundLens 2** from **Starkey** offers a smaller, next generation design to offer an invisible solution to more patients than ever before.

Tiny but powerful, these advanced instruments are loaded with the latest features and advanced technology giving clearer speech clarity even in background noise.

Because the **ClearChoice** Exhibitions are totally independent, we are able to offer our clients the latest technology from leading manufacturers like Siemens, Puretone, GN ReSound, Widex, Starkey and many more.













Clearchoice made simple

It is important to remember that we are all individual and so require individual needs. The ClearChoice Exhibition gives you the opportunity to learn more about your hearing loss and the various options that are available to your particular requirements in order to make your choice as clear and simple as possible. This is due to our vast experience and extensive range of hearing aids available on the market.

We always ensure that your better hearing selection is comfortable to wear and easy to use.



The single solution to improved vision and hearing



Wearing spectacles with hearing aids can be uncomfortable and awkward. Some people also find it irritating and unnatural to have a hearing aid in their ear.

The ideal solution to these problems may be spectacle hearing aids. Change your personal glasses into a hearing system for an individual, discreet, comfortable solution.

Ask about our range of spectacle hearing aids including live demonstrations at our ClearChoice Event.

How ClearChoice Exhibition Events benefit our customers

We are delighted to be of service to local residents



"My wife kept telling me to have my hearing checked, so we went together to my local Exhibition. I returned home with a full understanding of my hearing problem and I've not stopped wearing my hearing aids since."



"The aids which I had fitted at the ClearChoice Exhibition are so small and neat that nobody has even noticed that I'm wearing them. The best thing is that I am hearing much clearer even in company."





"I have been taking my dad to ClearChoice for several years for his aftercare service and he loves them!

The Audiologists make him feel comfortable and he always hears much clearer after his visit."

FREE digital hearing aids'

for all over 55s during this Special Event

Book an appointment at our **ClearChoice** Special Exhibition and receive the following **FREE**!

- Free Hearing Test & hearing health consultation
- Live demonstration of your ideal hearing aid
- FREE GIFT (with your free hearing test)
- Expert advice (on all types of hearing problems)
- Wax Removal Clinic with our qualified nurse
- Hearing aid servicing
- Tea & coffee served all day
- Home visit hearing tests are available
 7 days a week (please call for more details)

Ask about our 2 for 1 Pensioner Special Offer

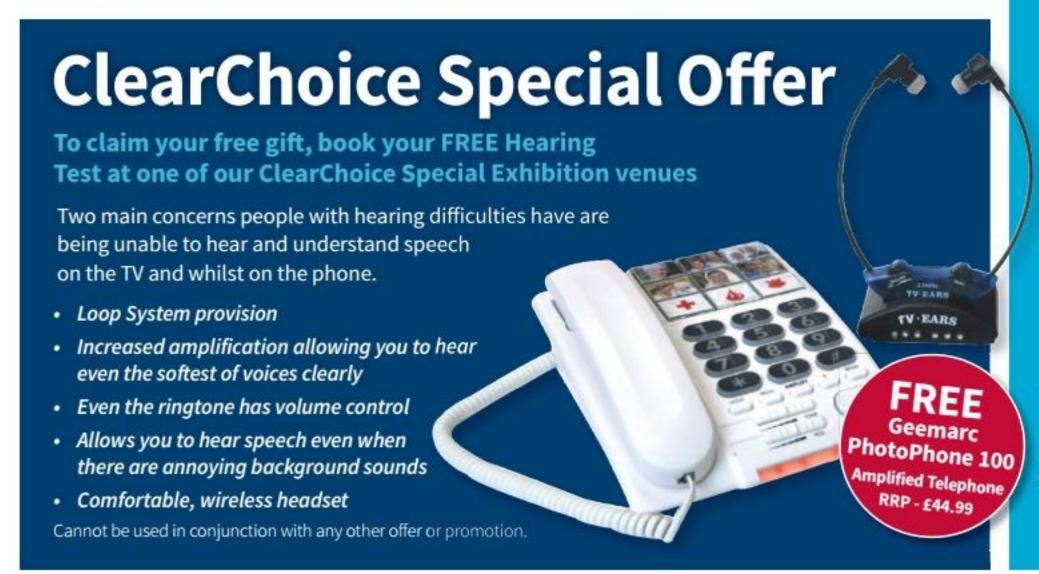
ALL WITHOUT ANY OBLIGATION!

* Buy one, get one free available on selected products.

Cannot be used in conjunction with any other offer or promotion.

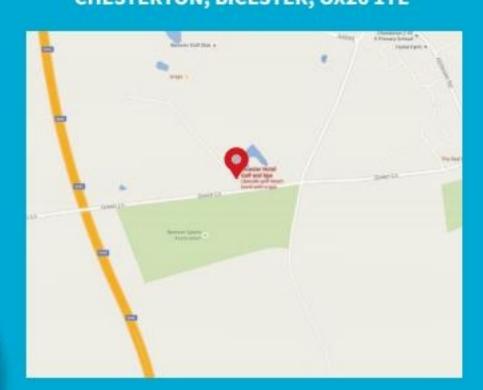
To book your place at the venue of your choice, call FREEPHONE

0808 168 9640 Lines open 9am - 8pm



We will be holding our ClearChoice Special Exhibition at these venues in your area...

Wednesday 10th August Bicester Hotel, Golf & Spa CHESTERTON, BICESTER, OX26 1TE



Thursday 11th August Holiday Inn Oxford

PEARTREE ROUNDABOUT, WOODSTOCK RD, OX2 8JD



OTHER EXHIBITIONS IN YOUR AREA Friday 12th August

MILTON HILL HOUSE, Steventon, OX13 6AF

As the ClearChoice Exhibitions have proven to be very popular with local residents, we recommend you call quickly to avoid disappointment.

(Home visits are also available upon request.)